

# Hamstringblessures in het amateurvoetbal: het preventieve effect van excentrisch trainen van hamstrings.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON21207

### Source

NTR

### Brief title

HIPS

### Health condition

Eccentric Hamstring Exercise Nordic RCT Injury Soccer

Excentrisch Hamstring Nordic RCT Blessure Voetbal

## Sponsors and support

**Primary sponsor:** University Medical Center Utrecht

**Source(s) of monetary or material Support:** ZonMw, Den Haag  
KNVB, Zeist

## Intervention

## Outcome measures

### Primary outcome

Risk and injury incidence (injuries per 1000 playing hours) of (recurrent) hamstring injury.

### **Secondary outcome**

Injury severity (by medical treatment and sport-, school-,workabsenteeism) of (recurrent) hamstring injuries.

Additional: Risk and injury incidence of other injuries, severity of other injuries, Sit and Reach Test (SART), hamstring injury history (<12 months).

## **Study description**

### **Background summary**

This study on the effect of eccentric hamstring exercises (Nordic Curl / Nordic Hamstring) on hamstring injury incidence and severity will take place in coöperation with the KNVB (Royal Dutch Football Association). Additionally, this study analyses whether a low Sit&Reach Test (SART) score increases the risk of hamstring injury incidence and whether this risk is influenced by performing eccentric hamstring exercises.

All players from First Class Amateur Level of Eastern and Western Dutch districts will be invited for participation. The study will last for one year (2013).

### **Study objective**

The primary objective of this study is to analyse whether preventive hamstring exercises (Nordic Hamstring Curl) can reduce injury incidence in Dutch elite amateur soccer players.

The secondary objective of this study is to analyse whether preventive hamstring exercises (Nordic Hamstring Curl) can reduce injury severity in Dutch elite amateur soccer players.

Additionally, this study analyses whether a low Sit&Reach Test (SART) score increases the risk of hamstring injury incidence and whether this risk is influenced by performing eccentric hamstring exercises.

## Study design

Start of trial:

Length, weight, BEI, SART 2x, length of lower and upper extremities (confounder SART).

Registration during trial:

Information regarding hamstring injuries (diagnosis, etiology, injury date, contact vs non-contact, recurrent injury), injury recovery (recovery date, additional diagnosis, medical treatment, school-/workabsenteeism) and exposure (number of minutes match/training).

## Intervention

The intervention in this study is an exercise program for eccentric muscle strength of the hamstrings (Nordic Curl / Nordic Hamstring). The soccer player is seated on his knees whilst his ankles are firmly fixed to the ground by another player. The kneeling player leans forward slowly, with his upper body and hips fixated, and brakes the forward movement with his hamstrings.

When the player is unable to maintain his body position, both arms are used to break the fall. The exercise will be performed at the end of the training, before cooling down.

The training will take 1-3 minutes per session. It will be given for 13 weeks with an increasing intensity.

The control group will be asked to participate on a observational study on hamstring injury incidence.

## Contacts

### Public

Division of Neuroscience<br>

Department of Rehabilitation, Nursing Sciences and Sport<br>

UMC Utrecht<br>

Mailbox 85500

Nick Horst, van der

Building Unit W

Heidelberglaan 100

Utrecht 3508 GA

The Netherlands

+31 (0)6 52783077

**Scientific**

Division of Neuroscience<br>

Department of Rehabilitation, Nursing Sciences and Sport<br>

UMC Utrecht<br>

Mailbox 85500

Nick Horst, van der

Building Unit W

Heidelberglaan 100

Utrecht 3508 GA

The Netherlands

+31 (0)6 52783077

## Eligibility criteria

### Inclusion criteria

Male soccer players aged 18-40.

### Exclusion criteria

N/A

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

### Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 02-01-2013  
Enrollment: 235  
Type: Anticipated

## Ethics review

Not applicable  
Application type: Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL3484
NTR-old	NTR3664
Other	ZonMw : 50-50310-98-152
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

Expected 2014.