Longlasting adduction-related groin injuries in athletes; regular care or a novel treatment approach.

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21628

Source
NTR

Brief title
LIES

Health condition

Male athletes suffering longlasting adduction-related groin pain for at least 6 weeks.

Sponsors and support

Primary sponsor: University Medical Center Utrecht (UMC Utrecht)
Erasmus Medical Center Rotterdam (EMC Rotterdam)
Royal Dutch Soccer Association (KNVB Zeist)
Source(s) of monetary or material Support: ZonMw, the Hague, the Netherlands
Dynamic medical and veterinary products B.V., Almelo, the Netherlands

Intervention

Outcome measures

Primary outcome

1. Severity of the pain over the last three days (11-point VAS-scale);
2. Participation in sports (11-point VAS-scale);
3. General disability (adapted Quebec low back pain disability scale);
4. Global change (6-point Likert scale);
5. How long in return to full athletic activity;
6. Recurrences of the same complaints.
Parameter 1, 2, 3 are measured before and directly after the period of treatment. and 26 and 52 weeks after the start of treatment. Parameter 4, 5 en 6 are only measured at 26 and 52 weeks after treatment.

Secondary outcome

1. Hip adduction strength (hand-held dynamometer);
2. Contraction pattern of the abdominal musculature (ultrasound echografie);
3. Active straight leg raise test (ASLR).

Study description

Background summary

A recent study has shown that some athletes with longstanding groin pain have an increase in adduction strength and decrease in pain after wearing a pelvic belt. Therefore it is reasonable to assume that pelvic instability might play an important role in this injury. Research has shown that tensioning the transverse abdominal and pelvic floor muscles increases stiffness of the pelvic ring. Secondly, abnormalities were found in the contraction pattern of the transverse abdominal musculature in athletes with groin pain. By means of specific exercises aiming at tensioning these muscles the stiffness of the pelvic ring might increase. In this study the effects of regular physiotherapeutic care are compared with the effects of a specific training program aiming at pelvic stability.
Sport participation is the major outcome parameter.

Study objective

Athletes with longstanding groin pain recover faster and more completely if they are treated with specific pelvic stabilizing muscle training compared with regular care.

Intervention

Two different kind of physiotherapeutic treatments are given for the population. Both treatment strategies are already applied in daily practice

Contacts

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Eligibility criteria

Inclusion criteria

Male athletes, 18-45 years old, hip adduction-related complaints, for a period of at least 6 weeks, strong desire to compete in sports.

Exclusion criteria

Pain as a results of high-impact trauma, suspicion for a fracture, rupture of the labrum of the hip, hip arthrosis/ arthritis, femoral or inguinal hernia, radicular symptoms, infection of the urinary tract, bursitis; vessel disease; abnormal anatomy; Treated for the same (episode of) complaints previously), treated for low back pain with an exercise program during the previous 6 months, systemic diseases;psychopathology, physical handicaps that make it impossible for the subject to take part of the study

Study design

Design

Study type:	Interventional
Intervention model:	Parallel

Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-03-2005
Enrollment:	80
Type:	Anticipated

Ethics review

Positive opinion

Date:	17-05-2006
Application type:	First submission

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	NL625
NTR-old	NTR684
Other	: Dossier nummer: 7502.0005 (ZonMw)
ISRCTN	ISRCTN65462262

Study results

Summary results

Mens J, Inklaar H, Koes BW, Stam HJ.

A new view on adduction-related groin pain.Clin J Sport Med. 2006 Jan;16(1):15-9.