Study on Hamstring Re-Injury Prevention

No registrations found.

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

Summary

ID

NL-OMON24493

Source
NTR

Brief title
SHARP

Health condition

Hamstring injury

Sponsors and support

Primary sponsor: N/A
Source(s) of monetary or material Support: Indonesia Endowment Fund for Education (LPDP) as subsidising party

Intervention

Outcome measures

Primary outcome

Incidence of hamstring re-injury

Secondary outcome

Sprint and jumping performance test, exposure, adherence of the program.

Study description

Background summary

Hamstring injury has a high re-injury rate in football players. Re-injuries primarily occur during the first weeks after Return to Play (RTP) and are commonly more severe than the initial injury. Previous studies showed that the Nordic Hamstring Exercise (NHE) effectively prevents primary hamstring injury. No study investigated the secondary preventing effect of NHE on re-injury after RTP following hamstring injury. The primary purpose of this study is to investigate the effectiveness of the Nordic Hamstring Exercise for preventing hamstring re-injury after RTP following hamstring injury in football players. The secondary purpose is to determine in a sub-study the effect of the Nordic Hamstring Exercise on sprint and jumping performance among the subjects.

Study objective

We hypothesise that subjects randomised to perform NHE (Nordics group) will have lower hamstring re-injury incidence in 12 months of follow-up than the subjects in the control group. In the secondary study purpose, we hypothesize subjects in the Nordics group will improve significantly in sprint and jumping performance than the subjects in the control group.

Study design

The subjects in both groups continue their regular football training, but the Nordics group will performed an additional Nordic Hamstring Exercise program for 12 months (total 69 sessions). An online questionnaire to monitor hamstring re-injury, adherence, exposures, and self-initiated prevention program was sent to the subject in both groups once per week within ten weeks, then continue at 6th, 9th, 12th months. The selected subjects will completed a sprint and jumping performance test three times, at the beginning of the study (pre-test), after ten weeks of intervention (post-test 1), and after 12 months (post-test 2).

Intervention

Nordic Hamstring Exercise

Contacts

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Eligibility criteria

Inclusion criteria

Football player (male or female). Aged 18-40 years old. Within 1 week after fully recovered from hamstring injury (Return to Play)

Exclusion criteria

Refusal to participate in this study

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-09-2021
Enrollment:	368
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion

Date:	02-09-2021
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	NL9711
Other	METC AMC : METC 2021_117

Study results