

Study on Hamstring Re-Injury Prevention

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Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24493

Bron

NTR

Verkorte titel

SHARP

Aandoening

Hamstring injury

Ondersteuning

Primaire sponsor: N/A

Overige ondersteuning: Indonesia Endowment Fund for Education (LPDP) as subsidising party

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Incidence of hamstring re-injury

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

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).

Onderzoeksproduct en/of interventie

Nordic Hamstring Exercise

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Refusal to participate in this study

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status: Werving gestart

(Verwachte) startdatum: 01-09-2021

Aantal proefpersonen: 368
Type: Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies
Datum: 02-09-2021
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL9711
Ander register	METC AMC : METC 2021_117

Resultaten