

The Effect of Compression Shorts on Footballers with Groin Pain

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We hypothesise that zoned high compression shorts significantly decrease groin pain in football players without reducing performance.

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

Samenvatting

ID

NL-OMON29240

Bron

NTR

Aandoening

groin pain, groin injury, adductor injury, adductor related groin pain, inguinal related groin pain, iliopsoas related groin pain, pubic related groin pain. lies pijn, lies blessure, adductoren gerelateerde liespijn, inguinale gerelateerde liespijn, iliopsoas gerelateerde liespijn, os pubis gerelateerde liespijn.

Ondersteuning

Primaire sponsor: University of Bath (UK), Department of Health, MSc Sports Physiotherapy.

Hogeschool van Arnhem en Nijmegen (HAN).

Overige ondersteuning: The shorts that will be used in the study are provided by Knap'man® Shapewear Europe B.V., Andijk, The Netherlands

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Pain and performance.

HAGOS-questionnaire scores.

Toelichting onderzoek

Achtergrond van het onderzoek

To investigate the effects of zoned high compression shorts and non-zoned low compression shorts on pain and performance in football players with groin pain.

Doel van het onderzoek

We hypothesise that zoned high compression shorts significantly decrease groin pain in football players without reducing performance.

Onderzoeksopzet

Pain and performance scores are measured and taken directly after each trail of the physical tests.

Duration and intensity of the football sessions, and the comfort of wearing the shorts should be noted immediately after the football session by the participant. This data is collected by the investigators when the data is provided to the investigators by the participants.

Onderzoeksproduct en/of interventie

All participants commence the testing procedure with completing the Dutch Hip and Groin Outcome Score questionnaire (HAGOS) (Tak et al. 2018) in order to establish a baseline measurement of the levels of groin related symptoms and problems experienced.

All physical tests are then performed under three conditions: once wearing normal sports clothes (no compression), once wearing zoned high compression (ZHC) shorts, and once wearing non-zoned low compression (NZLC) shorts. Participants perform each of the following three tests three times under each test condition: the Copenhagen Five-second Squeeze (CS) with hand held dynamometry, the Illinois Agility Test (IAT), and a maximum ball shooting test (ST).

After the physical tests are completed under each of the three conditions, the participants are instructed to take both the ZHC-short and the NZLC-short home and wear them both for two weeks each during their football training sessions and matches. After each training and match the participants are instructed to report the following on a form; the duration of the

football session in minutes, the intensity of the football session on the Borg-scale (range 6-20) (Borg 1998), the average pain of the session on the NPRS (0-10), and the comfort of the short on a numeric rating scale (NRS) (0-10). After each period of wearing one of two shorts for two weeks the participants are instructed to complete the HAGOS again. Return envelopes will be provided to each participant.

Contactpersonen

Publiek

Wetenschappelijk

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Participants are considered eligible for this trial when they are male football players with at least four weeks of groin pain, who have a minimum score of two out of ten on the Numeric Pain Rating Scale (NPRS) for their groin pain experienced during football, who compete at amateur levels, and who still play matches despite them suffering from groin pain.

Their groin pain will be classified according to the Doha consensus statement on terms and definitions on groin pain in athletes and at least one of the four clinical entities should be found present (adductor-related groin pain, iliopsoas-related groin pain, inguinal-related groin pain, and/or pubic-related groin pain) (Weir et al. 2015).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Potential participants with a clinical suspicion of hip-related groin pain or other causes of groin pain (Weir et al. 2015) will be excluded.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Dubbelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-03-2018
Aantal proefpersonen:	33
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	18-09-2018
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	NL7289
NTR-old	NTR7498
Ander register	Hogeschool van Arnhem en Nijmegen (HAN) Review Board under number EACO 99.04/18 : EACO 99.04/18

Resultaten