The Effect of Compression Shorts on Footballers with Groin Pain

No registrations found.

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

Summary

ID

NL-OMON29240

Source
Nationaal Trial Register

Health condition

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.

Sponsors and support

Primary sponsor: University of Bath (UK), Department of Health, MSc Sports Physiotherapy. Hogeschool van Arnhem en Nijmegen (HAN).
Source(s) of monetary or material Support: The shorts that will be used in the study are provided by Knap'man® Shapewear Europe B.V., Andijk, The Netherlands

Intervention

Outcome measures

Primary outcome

Pain and performance.

HAGOS-questionnaire scores.

Secondary outcome

Duration of the football sessions (minutes), Intensity of the football sessions (Borg-scale), and wearing comfort of the shorts.

Study description

Background summary

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.

Study objective

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

Study design

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.

Intervention

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.

Contacts

Public

Scientific

Eligibility criteria

Inclusion criteria

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 classified according the Doha consensus statement on term and definitions on groin pain in athletes and at least one 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).

Exclusion criteria

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

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-03-2018
Enrollment:	33
Type:	Anticipated

Ethics review

Positive opinion

Date:	18-09-2018
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	NL7289
NTR-old	NTR7498
Other	Hogeschool van Arnhem en Nijmegen (HAN) Review Board under number EACO 99.04/18 : EACO 99.04/18

Study results