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

Submission date	Recruitment status	☐ Prospectively registered
19/07/2006	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
19/07/2006	Completed	Results
Last Edited	Condition category	Individual participant data
19/07/2006	Signs and Symptoms	Record updated in last year

# Plain English summary of protocol

Not provided at time of registration

# Contact information

# Type(s)

Scientific

#### Contact name

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#### Contact details

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# Additional identifiers

**EudraCT/CTIS** number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

7502.0005

# Study information

#### Scientific Title

#### Acronym

**LIES** 

## **Study objectives**

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

## Ethics approval required

Old ethics approval format

#### Ethics approval(s)

Not provided at time of registration

#### Study design

Randomised controlled, parallel group trial

#### Primary study design

Interventional

#### Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

#### Participant information sheet

### Health condition(s) or problem(s) studied

Groin pain

#### **Interventions**

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

Patients are randomised to receive either pelvic-stabilizing muscle training or usual care

#### Intervention Type

Other

#### Phase

**Not Specified** 

#### Primary outcome measure

- 1. Severity of the pain over the last three days (11-point visual analogue scale [VAS])
- 2. Participation in sports (11-point VAS-scale)
- 3. General disability (adapted Quebec low back pain disability scale)
- 4. Global change (six-point Likert scale)
- 5. How long before return to full athletic activity
- 6. Recurrences of the same complaints

Parameters 1, 2, 3 are measured before and directly after the period of treatment and 26 and 52 weeks after the start of treatment.

Parameters 4, 5 and 6 are only measured at 26 and 52 weeks after treatment.

# Secondary outcome measures

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

# Overall study start date

01/03/2005

#### Completion date

15/08/2009

# Eligibility

### Key inclusion criteria

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

#### Participant type(s)

**Patient** 

#### Age group

Adult

# Lower age limit

18 Years

# Upper age limit

45 Years

#### Sex

Male

#### Target number of participants

80

#### Kev exclusion criteria

- 1. Pain as a result of high-impact trauma, suspicion of fracture, rupture of labrum of the hip, hip arthrosis or arthritis, femoral or inguinal hernia, radicular symptoms, infection of the urinary tract, bursitis, vessel disease, abnormal anatomy
- 2. Treated for the same (episode of) complaints previously, treated for low back pain with an

exercise program in the previous six months, systemic diseases

- 3. Psychopathology
- 4. Physical handicaps that make it impossible for the subject to take part of the study

#### Date of first enrolment

01/03/2005

#### Date of final enrolment

15/08/2009

# Locations

#### Countries of recruitment

Netherlands

**Study participating centre Heidelberglaan 100**Utrecht

Netherlands 3584 CX

# Sponsor information

# Organisation

University Medical Center Utrecht (UMCU) (The Netherlands)

#### Sponsor details

P.O. Box 85500 Utrecht Netherlands 3508 GA

#### Sponsor type

University/education

#### **ROR**

https://ror.org/0575yy874

# Funder(s)

# Funder type

Research organisation

#### Funder Name

Netherlands Organisation for Health Research and Development (ZonMw)

# Alternative Name(s)

Netherlands Organisation for Health Research and Development

# **Funding Body Type**

Private sector organisation

# **Funding Body Subtype**

Other non-profit organizations

#### Location

Netherlands

# **Results and Publications**

# Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

# IPD sharing plan summary

Not provided at time of registration