



ΠΑΝΕΠΙΣΤΗΜΙΟ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ
ΣΧΟΛΗ ΕΠΑΓΓΕΛΜΑΤΩΝ ΥΓΕΙΑΣ ΚΑΙ ΠΡΟΝΟΙΑΣ
ΤΜΗΜΑ ΦΥΣΙΚΟΘΕΡΑΠΕΙΑΣ

ΠΕΡΙΛΗΨΗ ΔΙΔΑΚΤΟΡΙΚΗΣ ΔΙΑΤΡΙΒΗΣ

ΠΙΠΠΑΣ ΧΡΗΣΤΟΣ

ΘΕΜΑ ΔΙΔΑΚΤΟΡΙΚΗΣ ΔΙΑΤΡΙΒΗΣ:

Παράμετροι συνταγογράφησης της άσκησης που μειώνει το χρόνο επανόδου στο άθλημα σε ερασιτέχνες αθλητές με μακροχρόνιο βουβωνικό πόνο μετά από κάκωση των προσαγωγών μυών του ισχίου.

ΑΓΓΛΙΚΟΣ ΤΙΤΛΟΣ:

Exercise parameters that reduce the return to play time in amateur athletes with long-standing adductor-related groin pain.

Groin injuries are one of the most common injuries in sports where athletes are required to perform movements, such as kicking, twisting and changes of direction (Bradshaw, Bundy, & Falvey, 2008; Hölmich, 2007; Jansen, Mens, Backx, & Stam, 2008; Serner et al., 2020). Adductor-related groin injuries occur both in the professional and amateur athlete (Bradshaw et al., 2008), and can cause extensive time to improve (Hölmich et al., 1999; Yousefzadeh, Shadmehr, Olyaei, Naseri, & Khazaepour, 2018b, 2018a). Long-standing groin pain is defined as pain with a duration of more than 6 weeks, regardless of onset (Hölmich, 2007; Weir et al., 2015). Long-standing adductor-related injuries account for 58% of groin injuries in all sports, and 69% of groin injuries in football (Hölmich, 2007).

However, high quality research on the management of athletes with groin pain is scarce (Serner et al., 2015). One high quality randomised controlled trial (RCT) has shown that an active exercise protocol has a considerably higher return to sport rate than passive treatments. This exercise protocol has since been used in several other studies. The exercise protocol is now more than two decades old and considerable knowledge on exercise-based treatment has since arisen, however, there are still no RCTs investigating whether an updated exercise protocol can provide better results than the original protocol.

Based on the aforementioned, overall purpose is to develop a new exercise-based rehabilitation protocol that incorporates the latest evidence, and investigate whether this can improve return to sport (RTS) time in athletes with long-standing adductor-related groin pain.

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