Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Hip Abductor and External Rotator Strengthening on Non-contact Lateral Ankle Sprain in Male Soccer and Futsal Players

Protocol summary

Summary

The purpose of the present study was to investigate the effect of hip abductor and external rotator strengthening on non-contact lateral ankle sprain in male soccer and futsal players. This randomized Control Trial study was conducted on 200 soccer and futsal players. Participants were randomly assigned to two groups. Control group participated in pre-season physical conditioning program 4 days a week for the period of 4 hour for 8 weeks. Experimental group also participated in the same program for 45 minutes of the same program as did control group plus 15 minutes of selected hip abductor and external rotator strengthening program at each session. Hip abductor and external rotator strength was measured pre and post 8 weeks training. All the players were under surveillance for non-contact lateral ankle sprain during the one season of competition.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017091036020N1**
Registration date: **2017-11-15, 1396/08/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-11-15, 1396/08/24

Registrant information

Name

Amirhossein Roshanfekr

Name of organization / entity

University of Esfahan

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Recruitment status

Recruitment complete

Funding source

University of Isfahan, Faculty of Exercise sciences

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2017-01-20, 1395/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Hip Abductor and External Rotator Strengthening on Non-contact Lateral Ankle Sprain in Male Soccer and Futsal Players

Public title

hip muscle strengthening on ankle sprain

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Football and Futsal athletes of sports clubs in Isfahan which include junior highs, youths, and adult in the 3rd, 2nd and 1st League and provincial and national Premier League ;at least 5 days of training ; at least one competision per week. Exclusion criteria:The players who have an ankle laxity in the anterior drawer test; Players who have suffered ankle or knee injury or hip during the last 3 months that resulted in their lack of teamwork or surgery; People who do not want to participate in the research.

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Isfahan

Street address

Hezarjarib st. University of Isfahan. Isfahan

City

Isfahan

Postal code

۷۳۴۴۱ -۸۱۷۴۶

Approval date

2017-09-23, 1396/07/01

Ethics committee reference number

IR.UI.REC.1396.003

Health conditions studied

1

Description of health condition studied

Non contact lateral ankle sprain

ICD-10 code

S93.4

ICD-10 code description

Sprain and strain of ankle

Primary outcomes

1

Description

Hip abductor and external rotator strength

Timepoint

Before and after training period

Method of measurement

Hand held dynamo-meter with pound and adjustment according to weight

Secondary outcomes

1

Description

Non-contact lateral ankle sprain injury

Timepoint

one season of competition

Method of measurement

Report of injuries by medical stuff

Intervention groups

1

Description

After 45 minutes of common exercises, the experimental group performed 15 minutes of selected exercises (intervention), while the control group continued the fitness program similar to the previous sessions. 3. Provision of a 8-week training program. strengthening of the hip muscles. Training with exercise band. Mark Terraband Made in America. (Green to black They have a lot of power so that they are very strong in black, green, blue, gray, black.) Week 1-2 Green 25 repetitions, blue 25 repetitions,gray 25 repetitions with rest 60 seconds between sets and 3 sets repeat 3-4 weeks Green 30 repeatation, blue 30 repeatation,gray 30 repeatation with rest 60 seconds between sets and 3 sets week 5-6 blue caviar 25 repetitions, 25 repetitions, black 25 repetitions with rest 60 seconds between sets and 3 sets of repeat. weeks 7-8 blue 30 repeatation, gray 30 repeatations, black 30 repetitions with 60 seconds rest between sets and 3 set repeatation

Category

Other

2

Description

After 45 minutes of common exercises, the control group continued the fitness program similar to the previous sessions with weight machine and terraband

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

kian sports medicine and corrective exercise center

Full name of responsible person

Dr.Amirhossein Roshanfekr

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
شخصی
Grant code / Reference number
شخصی
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Isfahan, Faculty of Exercise sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty