

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Assessing the effects of Injury Prevention Program on speed, agility and power among cricket players; A Clinical Trial

Protocol summary

Study aim

To determine the effects of injury prevention program on speed, agility and power in cricket players.

Design

Randomized Controlled Trial using fish and bowl method, a single blinded study, parallel group design having 44 patients.

Settings and conduct

The study will be single-blind as assessors of the study will be kept blind about the allocation of patients to Model Town Cricket Ground.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: 14-35 years of age, male athletes, athletes who have not participated in any injury prevention program. Exclusion Criteria: A medical history of lower extremity injury that required medical attention in the past 6 months, any systemic disorder, CVS disease, neurological disorder, bone fracture or surgery in the previous year, any psychosocial impairments which can hinder the study.

Intervention groups

Group A: Group A will receive an injury prevention program (FIFA 11+ program) along with the baseline static stretching protocol. Group B: Group B will receive a dynamic stretching protocol along with the baseline static stretching protocol.

Main outcome variables

Speed, Agility and Power

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210524051390N1**

Registration date: **2021-06-01, 1400/03/11**

Registration timing: **registered_while_recruiting**

Last update: **2021-06-01, 1400/03/11**

Update count: **0**

Registration date

2021-06-01, 1400/03/11

Registrant information

Name

Ammar Hameed

Name of organization / entity

Riphah International University, Lahore

Country

Pakistan

Phone

+92 42 32085145

Email address

raxster93@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-05, 1399/10/16

Expected recruitment end date

2021-06-05, 1400/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effects of Injury Prevention Program on speed, agility and power among cricket players; A Clinical Trial

Public title

Assessing the effects of Injury Prevention Program on speed, agility and power among cricket players; A Clinical Trial

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

14-35 years of age. Male athletes. Athletes who have never participated in injury prevention program.

Exclusion criteria:

A medical history of lower extremity injury that required medical attention in the past 6 months. Any systemic disorder, CVS disease, neurological disorder, bone fracture, or surgery in the previous year. Any psychosocial impairments that can hinder the study.

Age

From **14 years** old to **35 years** old

Gender

Male

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

The fishbowl method will be used for randomization. Name of the participants will be written on the pieces of paper and picked randomly.

Blinding (investigator's opinion)

Single blinded

Blinding description

The study will be single-blind as the assessor of the study will be kept blind about the allocation of patients to the treatment group. Blinding will be done by collecting the baseline data from an outcome assessor before randomization.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research & Ethics Committee

Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate
Quaid e Azam Industrial Estate, Lahore, Punjab

City

Lahore

Postal code

54000

Approval date

2020-12-24, 1399/10/04

Ethics committee reference number

REC/RCR & AHS/20/0408

Health conditions studied

1

Description of health condition studied

Speed, Agility and Power

ICD-10 code

Y93.69

ICD-10 code description

Activity, other involving other sports and athletics played as a team or group

Primary outcomes

1

Description

Speed

Timepoint

before intervention and then at the end of 3rd week.

Method of measurement

30m Sprint Test

2

Description

Agility

Timepoint

before intervention and then at the end of 3rd week.

Method of measurement

T- Drill Test

3

Description

Power

Timepoint

before intervention and then at the end of 3rd week.

Method of measurement

5 Jumps Test

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: This group will receive the FIFA 11+ program as pre-training exercises for 20 minutes before training sessions and for 10 minutes as post-training exercises after training sessions, two times per week for 3 weeks. Subjects will perform at least a 5-minute self-paced general warm-up as a baseline treatment consisting of low- to moderate-intensity aerobic exercise including 3 minutes of forward jogging,

1minute of sidestepping, and 1 minute of jogging backwards.

Category

Rehabilitation

2**Description**

Control group: This group will receive a designated static stretching protocol followed by a dynamic stretching protocol. Each protocol consists of 15 minutes each. The static stretching and dynamic stretching exercises will be repeated 2 times on each leg and will be performed for a duration of 30 seconds with 10-second recovery period between each exercise. The targeted muscles will be plantar flexors, adductors, hamstrings, hip extensors and quadriceps. Subjects will perform at least a 5-minute self-paced general warm-up as a baseline treatment consisting of low- to moderate-intensity aerobic exercise including 3 minutes of forward jogging, 1minute of sidestepping, and 1 minute of jogging backwards.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Model Town Cricket Ground, Lahore, Pakistan

Full name of responsible person

Imran Ali

Street address

House # 156-A, Ali Town, Thokar Niaz Baig, Lahore.

City

Lahore

Postal code

54000

Phone

+92 42 35271238

Email

imranalisanwal81@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Riphah International University, Lahore.

Full name of responsible person

Ammar Hameed

Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate

Quaid e Azam Industrial Estate, Lahore, Punjab

City

Lahore

Postal code

54000

Phone

+92 42 32085145

Email

Raxster93@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Riphah International University, Lahore

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries**Contact****Name of organization / entity**

Riphah International University, Lahore.

Full name of responsible person

Muzna Munir

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate

Quaid e Azam Industrial Estate, Lahore, Punjab

City

Lahore

Province

Punjab

Postal code

54000

Phone

+92 42 111 747 424

Email

muzna.munir@riphah.edu.pk

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Riphah International University

Full name of responsible person

Muzna Munir

Position

Senior Lecturer

Latest degree

Master

Other areas of specialty/work

Physiotherapy

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Phone

+92 42 111 747 424

Email

muzna.munir@riphah.edu.pk

Person responsible for updating data**Contact****Name of organization / entity**

Riphah International University, Lahore

Full name of responsible person

Ammar Hameed

Position

Post graduate student

Latest degree

Bachelor

Other areas of specialty/work

Physiotherapy

Street address

Madar-e-Millat Road, Quaid-e-Azam Industrial Estate
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Phone

+92 42 32085145

Email

Raxster93@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

EFFECTS OF INJURY PREVENTION PROGRAM ON SPEED, AGILITY AND POWER AMONG CRICKET PLAYERS. A CLINICAL TRIAL and all collected deidentified IPD will be shared.

When the data will become available and for how long

After Publication

To whom data/document is available

people working in academic institutions and researchers

Under which criteria data/document could be used

on permission from investigator

From where data/document is obtainable

Through email to Investigator Raxster93@gmail.com

What processes are involved for a request to access data/document

Through email to Investigator Raxster93@gmail.com

Comments