# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 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

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**Phone**
+92 42 32085145

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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

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

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Physiotherapy

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## Person responsible for updating data

**Contact**
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Riphah International University, Lahore
**Full name of responsible person**
Ammar Hameed
**Position**
Post graduate student
**Latest degree**
Bachelor
**Other areas of specialty/work**
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## 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**