

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

effect of Nordic hamstring, injury prevention training on isokinetic strength of hamstring muscles and proprioception in knee in 2 genders futsal players

Protocol summary

Study aim

effect of Nordic hamstring, injury prevention training on isokinetic strength of hamstring muscles and proprioception in knee in 2 genders futsal players

Design

In two groups of girls and boys, as an available sample, in two groups of 12

Settings and conduct

Testing at Shahid Beheshti University was done in groups of three

Participants/Inclusion and exclusion criteria

The age of the athlete is in the range of 16 to 20 years. No history of third-degree hamstring injury in the past year No lower limb injuries in the last three months Failure to participate in injury prevention programs in parallel Dissatisfaction of the person to continue attending the investigation for any reason Do not participate in training sessions for more than 3 consecutive sessions or 5 alternate training sessions Injury to the lower body or upper body while the person is unable to complete the protocol and participate in the post-test. Failure to complete the Nordic protocol by the individual

Intervention groups

doing hamstring nordic

Main outcome variables

Increase strength, increase paternal flexibility

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20211103052958N1**

Registration date: **2021-11-23, 1400/09/02**

Registration timing: **retrospective**

Last update: **2021-11-23, 1400/09/02**

Update count: **0**

Registration date

2021-11-23, 1400/09/02

Registrant information

Name

Zahra Shirmohamadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3771 4675

Email address

z.shirmohamadi@mail.sbu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-12, 1399/12/22

Expected recruitment end date

2021-05-07, 1400/02/17

Actual recruitment start date

2021-03-12, 1399/12/22

Actual recruitment end date

2021-05-11, 1400/02/21

Trial completion date

2021-05-11, 1400/02/21

Scientific title

effect of Nordic hamstring, injury prevention training on isokinetic strength of hamstring muscles and proprioception in knee in 2 genders futsal players

Public title

effect of Nordic hamstring, injury prevention training on isokinetic strength of hamstring muscles and proprioception in knee in 2 genders futsal players

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

age of the athlete is in the range of 16 to 20 years.
Failure to participate in injury prevention programs in parallel
No history of third-degree hamstring injury in the past year
No lower limb injuries in the last three months

Exclusion criteria:

Dissatisfaction of the person to continue attending the investigation for any reason
Do not participate in training sessions for more than 3 consecutive sessions or 5 alternate training sessions
Injury to the lower body or upper body while the person is unable to complete the protocol and participate in the post-test.
Failure to complete the Nordic protocol by the individual

Age

From **16 years** old to **20 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **24**

Actual sample size reached: **18**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Central Headquarters of the Ministry of Health and Medical Education of tehran

Street address

Tehran, West Town, Iran sima St., Central Headquarters of the Ministry of Health and Medical Education, Block A, 13th floor

City

tehran

Province

Tehran

Postal code

1467664961

Approval date

2021-03-12, 1399/12/22

Ethics committee reference number

IR.SBU.REC.1400.092

Health conditions studied

1

Description of health condition studied

its not a disease

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The effect of six weeks of Nordic hamstring injury training on isokinetic strength of hamstring muscles and knee deep sense

Timepoint

6 weeks after starting training

Method of measurement

Isokinetic device

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Perform six weeks of Nordic hamster training

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti University Sports Science Laboratory

Full name of responsible person

Sirus Sheikhi

Street address

tehran province. tehran . district 1, daneshjou blvd

City

tehran

Province

Tehran

Postal code

1983969411

Phone

+98 21 2243 1919

Email

pr.office@mail.sbu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

siruse sheykhi

Street address

Tehran .Avin .Shahriari Square

City

tehran

Province

Tehran

Postal code

1983969411

Phone

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Email

pro.office@mail.sbu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Sirus Sheikhi

Position

Technical Assistant

Latest degree

Master

Other areas of specialty/work

Others

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Tehran Evin Shahriari Square

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198369411

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09802122431919

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pr.office@mail.sbu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

mostafa zarei

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Others

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Person responsible for updating data

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Sirus Sheikhi

Position

Laboratory manager

Latest degree

Master

Other areas of specialty/work

Others

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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
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document

All data is shared in the dissertation
When the data will become available and for how long
No time interval
To whom data/document is available
Public
Under which criteria data/document could be used
Public
From where data/document is obtainable
Access to the library of Shahid Beheshti University
What processes are involved for a request to access data/document
Email to author
Comments