

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Aug 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

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Email address

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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

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Province

Tehran

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1983969411

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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

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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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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	All data is shared in the dissertation
Statistical Analysis Plan	When the data will become available and for how long
Yes - There is a plan to make this available	No time interval
Informed Consent Form	To whom data/document is available
Undecided - It is not yet known if there will be a plan to make this available	Public
Clinical Study Report	Under which criteria data/document could be used
Not applicable	Public
Analytic Code	From where data/document is obtainable
Not applicable	Access to the library of Shahid Beheshti University
Data Dictionary	What processes are involved for a request to access data/document
Undecided - It is not yet known if there will be a plan to make this available	Email to author
Title and more details about the data/document	Comments