

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparing The Effect Of Cold Water Immersion And Contrast Water Therapy On Recovery Indices After A Soccer Match In Adolescent Male Soccer Players

Protocol summary

Study aim

The aim of this study is to compare the effects of cold water immersion and contrast water therapy on recovery indices in adolescent male football players following a football match

Design

The trial has two parallel intervention groups. After playing a friendly football game (including all players), the subjects will be divided into cold water immersion (players of one team) and contrast water therapy (players of the opposite team) groups in parallel.

Settings and conduct

This study will be conducted with the aim of improving recovery and athletic performance, reducing delayed onset muscle soreness, and preventing injury and overreaching in football players. After checking the eligibility, subject will engage in friendly football match and then they will undergo recovery process which includes cold water immersion (15 degrees) and contrast water therapy (15 and 38 degrees) in Opal hydrotherapy and rehabilitation complex. The dependent variables will be monitored and evaluated before the match and at one, 24 and 48 hours after the recovery protocol.

Participants/Inclusion and exclusion criteria

Male adolescent football players aged 15 to 18 years, with no medical contraindications to participating in exercise training and sport, who have engaged in regular exercise training for at least one year, are in good health, with no history of chronic disease or any clinical conditions that could impair athletic performance, will be selected. The exclusion criteria: having any musculoskeletal problem or injury or fear of water or heart and hemodynamic conditions.

Intervention groups

The intervention groups include two groups: cold water immersion and contrast water therapy, who will implement the specified protocol

Main outcome variables

Delayed onset muscle soreness, static lower body strength, lower body muscular power, flexibility, and speed.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200408046997N4**

Registration date: **2024-11-28, 1403/09/08**

Registration timing: **registered_while_recruiting**

Last update: **2024-11-28, 1403/09/08**

Update count: **0**

Registration date

2024-11-28, 1403/09/08

Registrant information

Name

Ali Samadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 5121 2456

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-11-28, 1403/09/08

Expected recruitment end date

2024-12-10, 1403/09/20

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing The Effect Of Cold Water Immersion And Contrast Water Therapy On Recovery Indices After A Soccer Match In Adolescent Male Soccer Players

Public title
Effects of cold ware immersion and contrast hydrotherapy on the recovery of teenage soccer players

Purpose
Other

Inclusion/Exclusion criteria
Inclusion criteria:
Adolescent boys aged 15 to 18 No medical contraindication for engaging in exercise and training Regular participation in sports trainings for at least one year
Exclusion criteria:
Using any kind of supplement or medicine which can affect muscular pain and soreness Having any kind of musculoskeletal pain or damage at the beginning of the study

Age
From **15 years** old to **18 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **22**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shahed University
Street address
Shahed university, opposite to the Holy shrine of

Imam Khomeini, Khalij Fars Expressway
City
Tehran
Province
Tehran
Postal code
3319118651
Approval date
2024-02-07, 1402/11/18
Ethics committee reference number
IR.SHAHED.REC.1403.065

Health conditions studied

1

Description of health condition studied
Recovery indices of teenage football players
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Delayed Onset Muscle Soreness (DOMS)
Timepoint
Before and after
Method of measurement
Visual Analogue Scale (VAS)

2

Description
static lower body strength
Timepoint
Before and after
Method of measurement
Dynamometer

3

Description
lower body muscular power
Timepoint
Before and after
Method of measurement
Countermovement Jump

4

Description
Flexibility
Timepoint
Before and after
Method of measurement
Sit and Reach Test

5

Description

Sprint
Timepoint
Before and after
Method of measurement
Chronometer

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: First, pre-test measurements will be conducted on all subjects, which include delayed onset muscle soreness, lower body strength, flexibility, lower body static strength, and speed. Then, the subjects will play a friendly soccer match in the form of two teams in compliance with all FIFA standards in two 45-minute halves with a 15-minute break between the halves. After the competition, the subjects will be divided into two groups of cold-water immersion and contrast water therapy to implement recovery protocols. The cold-water immersion group will completely immerse in 15°C water without moving for 15 minutes from the neck to the soles of the feet. After that, the post-test measurements will be performed in the same conditions as the pre-test in 1, 24 and 48 hours after the recovery protocol.

Category

Rehabilitation

2

Description

Intervention group: After the completion of the match, the other half of the subject will receive the contrast water therapy intervention. The intervention includes immersion in hot water, 38°C, for 2 minutes and then immersion in cold water, 15°C, for two minutes alternatively and the process will be repeated 4 times with 1 min rest in between. After that, the post-test measurements will be performed in the same conditions as the pre-test in 1, 24 and 48 hours after the recovery protocol.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
Opal Hydrotherapy and Rehabilitation Complex
Full name of responsible person
Mahdi Soltanian
Street address
Fajr Blvd
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Semnan

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3561854593
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Email
alirezabelghadr78@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahed University
Full name of responsible person
Shahriar Bijani
Street address
Shahed University, opposite the Holy shrine of Imam Khomeini, Persian Gulf Expressway, Tehran, Iran
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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

Shahed University

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
Shahed University
Full name of responsible person
Alireza Belghadr
Position
MSc student
Latest degree

Bachelor

Other areas of specialty/work

Exercise Physiology

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Shahed University, opposite Holy shrine of Imam Khomeini, Persian Gulf Expressway, Tehran, Iran

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Person responsible for scientific inquiries

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Full name of responsible person

Ali Samadi

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Position

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Latest degree

Ph.D.

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No further information.

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Not applicable