

Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

Under The Patronage of his Excellency Dr Yousef Goussous

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The Prevalence and Risk Factors of Groin Injuries among Adolescent Soccer Players In Jordan

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Abstract

Background: Groin injuries are burdensome in soccer, and it's the most common injury among soccer players, particularly the adolescent soccer players worldwide including Jordan.. Several risk factors may be related, like; adductor muscles weakness and previous injury of the area

Objective: To determine the prevalence of groin injuries among adolescent soccer players in Jordan, and risk factors related, in addition, to identify clinically who are prone to future groin injuries.

Method: A cross-sectional study was conducted. A random sample of 100 elite soccer male players, ageing 12-19 years old. Each Athlete was subjected to three sessions; First completed a form of The Copenhagen Hip And Groin Outcome Score (HAGOS) questionnaire, then in the second, session a complete sociodemographic and medical information was obtained, While in the third session a complete clinical examination for the groin area using the adductor squeeze test to detect adductors muscle weakness. in addition to the height and weight measurements

Results: Sample mean was for the, age 15.6 ± 1.5 , (ranging 13 - 19, years), and BMI 22.1 ± 2 (ranging 26.3 -16.2). Of the total 100 participants, 36% were claimed having previous groin injuries, while the remaining 64% participants having no such history. Interestingly 83% of those who have previous groin injuries demonstrated a positive clinical examination results. Moreover, all of them the HAGOS scoring was less than 60 scores. On the other hands more than half (53%), of those with no previous injury showed negative clinical examination, and HAGOS scoring was over 70 score. Surprisingly, the remaining 47% subjects with no previous injury, have a positive clinical examination with a HAGOS score between 40 -70. A significantly higher rate of positive clinical examination was detected among athletes with a previous groin injury $X^2 = 12.76$, $p = .000354$. Moreover by using Odd's Ratio (OR), we found that those getting clinical positive results in previously injured athletes had significantly more than 5.67 times a positive clinical exam and low HAGOS scoring than those having no previous groin injury $OR=5.67$, (95% CI = 2.07-15.47), On the other hands no significant correlation was detected between BMI and HAGOS scoring $r = -0.0243$ $p = .92$.

Conclusion: Athletes with no history of injury are more prone to groin injuries, and even with no previous injury are giving low HAGOS score due to their adductors muscle weakness, Therefore we recommended, that each athlete should have a clinical examination even if they don't have a previous groin injury, additionally the need to include adductors muscle strengthening programs in the weekly training schedule of the players.

Keywords: groin injuries, soccer players, adductors, HAGOS



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Biography

Currently , I am a Master's student in Public Health Management at faculty of Medicine, Mutah University,I have over 5 years of work experience as a GP managing all operations in two clinics owned by my family in Sahab, Jordan. I have many years' experience educating patients and my broader community about health and wellness, holding seminars, speaking in schools, and in the community. I hold an MD and am. Outside of my current studies and clinic work, I am passionate about sports medicine and currently serve as a medical supervisor at the Jordanian Football Association. In the near future, I'm excited to be working with my brother to open a medical center in Sahab to provide the community with expanded care access with specialists in Orthopedics, Urology, Ophthalmology, Gynecology, and more.