

EFFECTIVENESS OF ECCENTRIC HAMSTRING CONTRACTIONS WITH PHYSIOTHERAPY TRAINING ON SPORTS PERFORMANCE AND QUALITY OF LIFE IN YOUNG MALE FOOTBALL PLAYERS WITH NON-CONTACT GRADE 1 ACL INJURY

NCT07115316

Status	RECRUITING
Phase	Not Applicable
Sponsor	Emirates Health Services (EHS)
Enrollment	180 participants

Key Eligibility Criteria

Inclusion (1)

- physician-diagnosed non-contact acute grade 1 ACL injury within the past 6 weeks will be invited from the selected clubs for participation in the trial. Participants who can perform full Range of Motion in the injured knee without pain will be included. Male football players between age 19-25 years old, currently playing in UAE, who speak English language and with physician-diagnosed non-contact grade 1 ACL injury will be included in the trial.

Exclusion (11)

- Players with contact ACL injuries.
- Players with chronic grade 1 ACL Injuries.
- If pain and swelling are severe and occur within 24 hours after exercise, will be excluded from the study.
- Grade 2 and above ACL injuries.
- Female players.
- ... and 6 more (see full listing online)

Locations (1 total)

Emirates Health services, Ras al-Khaimah, Emirate of Ras Al Khaimah, United Arab Emirates