

A Pilot Study on the Safety of Active Conservative Management of Low Grade Lumbar Stress Reactions in Adolescent Soccer Players

NCT07430072

Status	RECRUITING
Phase	Not Applicable
Sponsor	Western Norway University of Applied Sciences
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (1)

- Soccer players with lumbar stress reaction grade 1 in L4 or L5. Age: 14-19. Pain in the area of the affected vertebrae with sports activity and/or ADL.

Exclusion (1)

- Not able to get MRI, other conditions/injuries that potentially could affect the result (at baseline and during follow up), disorders influencing growth. Previously unsuccessful treatment of lumbar stress reaction.

Locations (3 total)

Idrettsmedisinsk Klinikk, Brann Stadion, Bergen, Norway
Western Norway Center for Sports Medicine, Bergen, Norway
The Norwegian FA Sports Medicine Clinic, Oslo, Norway