

### GROIN INJURY PREDICTION IN GAELIC FOOTBALL PLAYERS?

#### 1 BACKGROUND



Gaelic football: high-intensity and velocity multi-directional game-play.



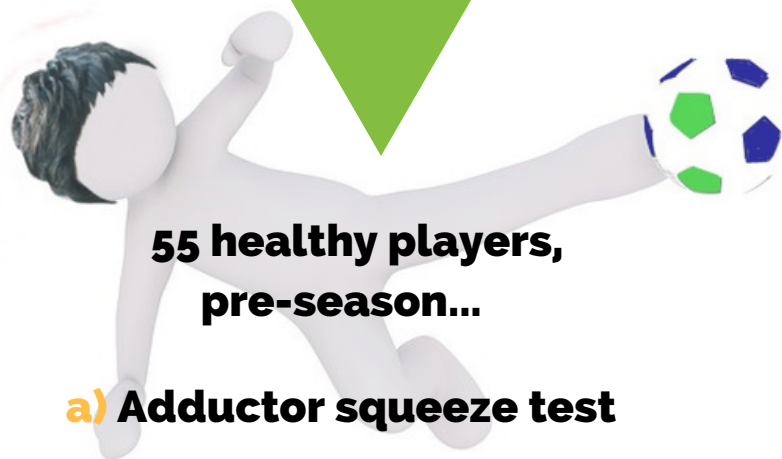
Adductor squeeze test: excellent reliability and discriminative capacity.



Groin injuries: common in different football codes: 9% of total.



HAGOS: valid, reliable and responsive questionnaire.



55 healthy players,  
pre-season...

a) Adductor squeeze test

b) Numerical pain rating scale while squeezing

c) HAGOS function, sport and recreation subscale



Abstract  
available here



Preliminary  
EVIDENCE OF GROIN  
INJURY PREDICTORS:

✓ Adductor squeeze test < 225 mmHg

✓ HAGOS < 87.50

✓ Pain (during adductor squeeze test)

\* Might be useful  
for other similar sports