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.

2) METHODS

- 55 healthy players, pre-season...
  a) Adductor squeeze test
  b) Numerical pain rating scale while squeezing
  c) HAGOS function, sport and recreation subscale

3) FINDINGS

Preliminary EVIDENCE OF GROIN INJURY PREDICTORS:

- Adductor squeeze test < 225 mmHg
- HAGOS < 87.50
- Pain (during adductor squeeze test)

Abstract available here

* Might be useful for other similar sports

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