The Effect of Compression Shorts on Pain and Performance in

Male Football Players with Groin Pain.

A double blinded randomized controlled trial

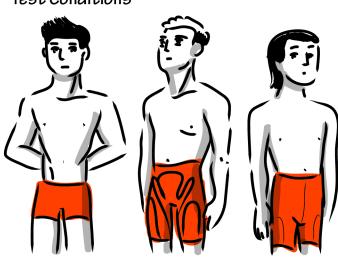
- 4-19% of football players suffer from groin injuries.
- These injuries have a long return-to-play time.
- Elite Football Clubs waste up to €20,000 on an injured player, per day!

The study

Population

Thirty-four male football players with >4 weeks of groin pain, but currently still playing, performed 3 physical tests under 3 conditions. Pain and performance was evaluated.

Test Conditions



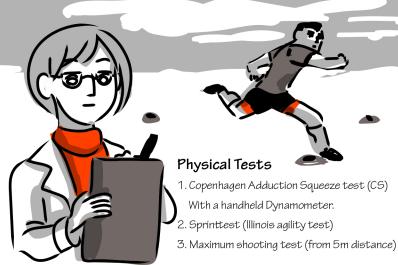
Normal sport clothes

(No compression)

(NZLC-shorts)







Usage during Football Activities

After the physical tests 27 participants took both NZC-shorts and ZHC-shorts home and wore them during football activities for 2 weeks each. Effects on pain and the Hip and Groin Outcome Score questionnaire (HAGOS) were evaluated.

1 (Knap'man Zoned Compression Shorts 45%, Knap'man®)

Results & Conclusion

■ Statistical and clinical significant effects on the reduction of pain were found for the Illinois Agility Test (-1.2 (-35.7%) in favour of the Zoned High Compression Shorts.

Zoned High Compression

(ZHC-shorts)

- Statistical and clinical significant effects on the reduction of pain were found for the Maximum Shooting test (-1.4 (-40.0%) in favour of the Zoned High Compression Shorts.
- Wearing the Zoned High Compression Shorts during football activities resulted in a statistical and clinical significant medium improvement on the HAGOS subscales symptoms and sports/recreation.
- The use of the Zoned High Compression Shorts did not negatively affect performance.

The study found that wearing Knap'man Zoned High Compression Shorts resulted in small to moderate positive effects on groin pain when compared to normal sport clothes while Non-Zoned Low Compression Shorts did not.

Our findings suggest that wearing zoned high compression shorts can be advised to football players with groin pain during their football activities.

Published research:

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