



Prevalence of risk of hamstring injury among U-16 Nepalese national football players using Single Leg Hamstring Bridge Test: A Cross Sectional Binaya Kandel

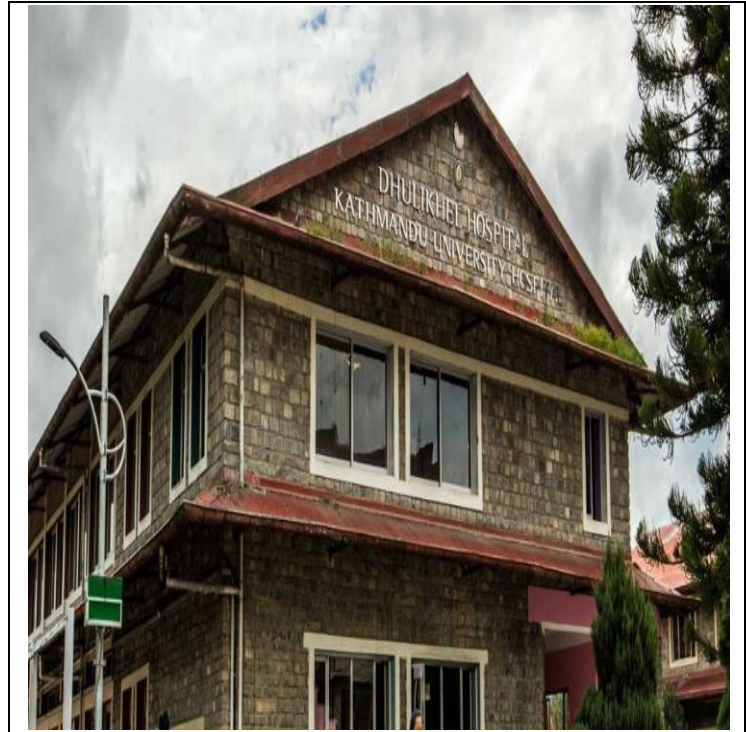
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Abstract : Football (soccer) is one of the most popular sports with the greatest participation globally. The types of injury that occurs in a football game are acute or traumatic and overuse injuries. Major injuries occurring in a game includes hamstring strain, quadriceps strain, ankle sprain, knee injuries, groin pain, head injury, fractures and many more. Among which hamstring injury is the most common musculoskeletal injury. The recurrence rate of hamstring strain injury has been reported to be 2 times higher than that of other injuries in English professional soccer. Participants were also explained about detail procedure of SLHB test. SLHB test was performed and total number of repetitions was noted. Data was entered and was analyzed using SPSS version 16. Out of the 29 players, 20 players (68.96%) were right leg dominant and 9 players (31.03%) were left leg dominant. The combined mean score for both the leg was found to be 98.63 (SD 55.56). The mean SLHB score for right leg dominant players was found to be 108.35 (SD 71.71) and that for the left was found to be 88.67 (SD 35.26). There was very minimum correlation among dominant and non-dominant leg (ϕ score = 0.3).

Biography : Binaya Kandel currently working as lecturer at Kathmandu University School of medical sciences Dhulikhel hospital. Keen interest in evidence based management of musculoskeletal condition with special interest in sports injury prevention and rehabilitation.

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Publications :

1. Prevalence of Hamstring Strain Injury Risk Factors in Professional and Under-20 Male Football (Soccer) Players.
2. The predictive validity of a single leg bridge test for hamstring injuries in Australian Rules Football Players.
3. Increased rate of force development and neural drive of human skeletal muscle following resistance training
4. RECURRENT HAMSTRING INJURY: CONSIDERATION FOLLOWING OPERATIVE AND NON-OPERATIVE MANAGEMENT
5. Rehabilitation and return to sport after hamstring strain injury