



UCD School of Physiotherapy and
Performance Science

Health Sciences Centre
University College Dublin
Belfield, Dublin 4, Ireland

T +353 1 716 6500
F +353 1 7166501

Scoil na Fisiteiripe agus na
Gníomheolaíochta UCD

Ionad Eolaíocht Sláinte
An Coláiste Ollscoile, Baile Átha Cliath
Belfield, Baile Átha Cliath 4, Eire

physio.therapy@ucd.ie
www.ucd.ie/physioperforms

Can Iliotibial Band Syndrome be prevented in athletes?

Dear Participant,

As part of my Masters in Sports Medicine and Physiotherapy I am undertaking a research study at the UCD School of Physiotherapy and Performance Science. The title of the research is “Can Iliotibial Band Syndrome be prevented in athletes”.

Thank you for your assistance and time with this research project. Please read the following paragraphs which should explain the research in detail.

Objectives of the study – This research is being carried out in order to investigate the effects of gluteal muscle endurance, hip flexibility, foot arch angle and the athlete’s training patterns, in the incidence of Iliotibial Band Syndrome (“Runners knee”) in athletes with and without symptoms.

Date of commencement – The study is scheduled to run from November 2009 to August 2010. Your participation is only required for one thirty minute slot. Ten minutes filling out a questionnaire and twenty minutes for a physical examination.

Publication of results – The results that I obtain from your measurements will be grouped together with those of the others in your assigned group, the ‘injured’ or the ‘control’ group. When the study is complete I intend to submit the grouped results for my dissertation and for a medical journal publication.

Confidentiality arrangements – All study participants will be given a study code when entering the study. Your name will appear beside this code on a master sheet which will be held in confidence by the lead investigator. This master sheet is the only link between your name and your study code. Your study code number will appear on all study documentation from there onwards. When study findings are published only grouped results will be included so there will be no way in which you may be identified. You will be allocated to one of two groups. One group, the ‘injured’ group, will contain athletes with current and/or recurring Iliotibial band syndrome that has not been treated in the last two months. The other group, the

'control' group, will be the non-symptomatic control group without lower limb, hip or low back pain.

Storage of data relating to the study – All data relating to the study will be stored in electronic format for a period of one year following termination of the study. During this period your name will not appear alongside your data. The master sheet containing your name and study code will also be destroyed one year following completion of the study.

What is my role as a participant? – Taking part in the study involves one thirty minute consultation for the 'injured' group and one twenty minute consultation for the 'control' group.

The first ten minutes for the 'injured' group requires completion of a questionnaire. The questionnaire asks questions pertaining to your knee injury, the effect of your knee injury on your activities of daily living and your sport. Information regarding your training week and routine will also be requested.

After filling out the questionnaire, the 'injured' group are requested to complete five physical tests. The 'control' group will also carry out these five physical tests. The first two tests measure gluteal muscle endurance. These involve a sustained hip muscle contraction in side lying and on your stomach for thirty seconds. Hip flexibility will be assessed using the 'Modified Thomas' test and the 'Modified Obers' test measured with an inclinometer. The fifth and final physical test will assess foot arch angle in standing using a goniometer. Once the questionnaire for the 'injured' group and the five physical tests are completed by both groups your participation in the study is complete.

Possible risk/inconvenience associated with participation in the study – The only perceived risk to you during participation in this study is the minimal likelihood of you over stretching a muscle. We aim to avoid this by having a supervisor present at all times. In terms of inconvenience your participation will be limited to one thirty minute session for the 'injured' group and one twenty minute session for the 'control' group.

Potential benefits associated with participation in the study – A direct benefit from participating in this study is the identification of weak muscles and poor flexibility. This may help you focus some of your training on these shortfalls and possibly prevent injury. This study aims to identify precursors for Iliotibial Band Syndrome in the athlete and therefore the possibility to prevent injury and enhance performance.

Withdrawal from the study – You are free to withdraw from this study at any stage that you see fit and for any reason which you see fit. Any participant data recorded up to point of withdrawal will be destroyed upon withdrawal from study.

Monetary rewards – We are not in a position to reward you financially for your participation in the study.

If you have any further questions concerning the study please do not hesitate to ask the Principle Investigator. Jane-Ann Healy/Meehan may be contacted by e-mailing: ja_healy02@yahoo.com or by phone: 087-3143240. You may also use this e-mail address if you wish to find out anything about the project and its results once the study is finished.

Thank you,
Jane-Ann Healy/Meehan
1st February 2010