

INPLASY PROTOCOL

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None declared.

Effects of strength training on ankle injuries in soccer players: A systematic review

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Review question / Objective: To determine the quality of evidence of studies evaluating the effects of strength training on the incidence of ankle injuries in soccer (II) to determine the effectiveness of strength training on the incidence of ankle injuries in soccer.

Condition being studied: Effectiveness of strength training on the incidence of ankle injuries in soccer.

Eligibility criteria: Studies that used ergogenic drugs or aidsConference presentations, theses, books, editorials, review articles, and expert opinions. Missing full text or incomplete data on outcome indicators.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 23 June 2022 and was last updated on 23 June 2022 (registration number INPLASY202260093).

INTRODUCTION

Review question / Objective: To determine the quality of evidence of studies evaluating the effects of strength training on the incidence of ankle injuries in soccer (II) to determine the effectiveness of strength training on the incidence of ankle injuries in soccer.

Rationale: To determine the quality of evidence of studies evaluating the effects of strength training on the incidence of ankle injuries in soccer (II) to determine the effectiveness of strength training on the incidence of ankle injuries in soccer.

Condition being studied: Effectiveness of strength training on the incidence of ankle injuries in soccer.

METHODS

Search strategy: The following keywords were included: "futsal", "soccer", "indoor soccer", "five-a-side soccer", "street soccer", "street football", "resistance training", "strength training", "resistance exercise", "strength exercises", "muscle strength", "ankle", "ankle sprain", "ankle fracture", "ankle Injuries" and "ankle injury". These search terms were combined with two Boolean operators AND/OR.

Participant or population: professional soccer players, amateur soccer players, and young soccer players Soccer players.

Intervention: Strength training, without combining it with other types of exercise.

Comparator: Another training program in soccer players or in a control group.

Study designs to be included: Randomized Controlled Trial (RCT).

Eligibility criteria: Studies that used ergogenic drugs or aids Conference presentations, theses, books, editorials, review articles, and expert opinions. Missing full text or incomplete data on outcome indicators.

Information sources: The databases used were PubMed, Web of Science, Scopus and SPORTDiscus

Main outcome(s): Effectiveness of strength training on the incidence of ankle injuries in soccer.

Additional outcome(s): Strength training on the incidence of ankle injuries in soccer.

Quality assessment / Risk of bias analysis: The quality of evidence of the articles included in this review was assessed using the PEDro scale.

Strategy of data synthesis: Data extraction was performed by two independent researchers.

Subgroup analysis: Not applicable.

Sensitivity analysis: Not applicable.

Language: English, Spanish and Portugues.

Country(ies) involved: Colombia/ Universidad del Cauca; Chile/Universidad de Granada.

Keywords: Sports, Ankle Sprains, Athletic Injuries, Resistance Training, Incidence.

Contributions of each author:

Author 1 - Andres Villaquiran Hurtado - Conceptualization, methodology, formal analysis, writing—original draft preparation, writing—review and editing, visualization.

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