STATISTICAL STUDY IN THE RECOVERY OF OSTEITIS PUBIS IN FOOTBALL PLAYERS

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Abstract

Introduction: Osteitis pubis is a constantly increasing affection among soccer players due to the increased number of training sessions and intensity, the increased number of matches (both in the national and international championships), the playing surface etc. All these aspects lead to a reduction in the recovery period, thus favoring the development of new pathologies.

Materials and methods: The statistical study is performed on a group of 35 male players (30 healthy and 5 male affected by osteitis pubis), aged 18 to 35. Both healthy and affected patients received initial and final testing, the tests being performed with a posturotest. Patients affected by this syndrome have benefited from personalized kinetic treatment (physical exercise, PNF techniques and massage).

Results: The results were analyzed using the two ANOVA specific hypotheses: the null hypothesis (the data does not show links between them), and the alternative (the data has links between them, so they are dependent). The results showed a correlation between the group of healthy players and those who benefited from the recovery plan.

Conclusions: Following the analysis we can say that the treatment plan had beneficial effects by reducing the symptomatology recorded at the plantar level. Paramters registered in initial testing (affected players) were close to the parameters recorded by healthy players. ANOVA tests helped in the processing and interpretation of the data obtained, thus obtaining a qualitative contribution to the recovery program, but also a socio-economic benefit to the patient by decreasing the duration of the treatment sessions and implicitly reducing the costs of the recuperation program.

Key words: osteitis pubis, kinetic treatment, ANOVA, football players