

Are you suffering from a recent hamstring injury?



The Institute of Sport and Exercise Medicine, Stellenbosch University is looking for people to participate in a research study. This study will compare the effects of physiotherapy rehabilitation and a special kind of injection therapy (platelet rich blood plasma) for muscle healing after acute hamstring injury.

To take part in this study you should meet the following criteria:

- Be an athlete/sports person between the ages of 18-25 years
- You need to have a hamstring muscle injury which occurred within the last 2-3 days.

What will be done?

- You will come in to Campus Health Service for a full study explanation before being required to sign a form stating that you consent to participate
- You will attend a screening visit with our sport doctor as well as a series of weekly follow-up visits while we monitor your healing after injury.
- You will be randomly allocated to one of two groups and therefore do not have a choice as to which treatment you receive
- You may be asked to donate a small portion of your blood (\pm 9 teaspoons) as part of the injection procedure.
- You will continue with your normal physiotherapy rehabilitation

This study has been approved by the Human Research Ethics Committee (N13-09-130). For more information, please contact Marissa Groenewald on Tel 021- 808 3492.

