Results The rate of analysable questionnaires was 95% (170/180) for the players and 100% for the coaches. Forty-one percent of players have entrusted suffer pains below patella earlier at the time of the survey and 77% acknowledged having suffered at least once during their careers. Fifty-nine percent of them signalled us have been diagnosed patellar tendinopathy (PT). Among these players (diagnosed PT), only 20% asserted having known only an episode, 37% had suffered several times and 44% had a chronic impairment. Among the diagnosed players’ PT, only 60.4% had stopped the practice of basketball and 82% had had physical therapy. When resumed, only 10% were asymptomatic.

All coaches were ready to dedicate of time to specific sessions to jumper-knee prevention. Seventy-eight percent admitted that the players were not the challenge of prevention of injuries for their future career. Ninety-four percent felt that it would be interesting to provide a tool for the prevention of jumper-knee.

Discussion/Conclusion Our findings highlight the extreme frequency of below patella pain in the basketball training centers, which for many are already in a cycle of recurrence and persistence. It appears necessary to implement approaches to prevention as coaches seem very favourable.

Disclosure of interest The authors declare that they have no competing interest.

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CO0282

Cognitive representations on patellar tendinopathy at the basketball players of the French training centers

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Objective Jumper’s knee is extremely common among basketball players of high-level even in the youth categories, with adverse consequences for the continuation of the practice. To establish a preventive educational action, we have sought to examine the cognitive representations of the players concerning the patellar tendinopathy.

Objective Raise an appraisal of presentations and ideas accepted from the basketball players participants in the championship of France hope concerning the prevention of the patellar tendinopathy (PT).

Material and methods Cross-sectional survey by questionnaire, given a day in 180 players of the 18 teams participating in the Championship of France pro A hope. The survey took place between November and December 2015. Questionnaires were developed with the help of professionals and tested by 10 players and 1 coach of the regional championship. We sent ten questionnaires to the attention of the players in the 18 training centers.

Results The analysable rate of questionnaires was 95% (170/180). The average age of the players interviewed was 19.3 years. Among the accurate representations, it has observed that 71% of those interviewed thought that the PT is related to the volume of training, 80% to the floor, 94% to poor hydration. Sixty-four percent knew that the PT treats by specific weight training exercises.

Only 51% thought that the tendon to the ability to adapt to the training load and 48% knew that the increase in weight increases the risk. Only 50% knew that the risk of recurrence is very important and 46% evoked the role of the equipment. Among the false representations, 51% of these young basketball players thought that the PT appears mainly after 30 years. Seventy-seven percent reported that the PT is an inflammation of the tendon and 77% it should be treated by NSAIDs. Fifty-three percent of the young basketball players thought that a continuous intake of NSAIDs decreases the risk of PT.

Discussion/Conclusion This work allows us to establish that the young basketball players have false representations concerning the risk factors and PT support. The results will enable us to target education for prevention actions.

Disclosure of interest The authors declare that they have no competing interest.

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CO0283

Isokinetic hip in soccer players: Moroccan experience about 36 cases

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Objective Isokinetic evaluation allows accurate and reproducible measurement of dynamic muscle strength. It has several application areas, especially in sports, it allows the evaluation, rehabilitation and re-entrainment. It is rarely used for the hip joint. The objective of this study was to report the isokinetic profile of the abductor and adductor muscles of the hip in Moroccan professional players, while comparing players with a history of groin for those without medical history at the hip.

Patients and methods This is a prospective study in physical medicine and rehabilitation, including 36 professional footballers who have been performed concentric isokinetic evaluation mode abductor and adductor muscles of the hip at 60°/s and 120°/s. The distribution of variables was verified by the normality test of Shapiro, Wilk. The Wilcoxon test and U Mann-Whitney test were used to compare different isokinetic variables of the two groups evaluated.

Results There was no statistically significant difference between dominant and non-dominant side in terms of the maximum peak torque, work, power, and adductor/abductor ratios. There was a significant difference between the players with a history of groin and those who showed no pathological history at the hip.

Discussion/Conclusion A weak adductors compared to hip abductors may be involved in the development of the groin, especially an eccentric force deficit. The isokinetic allows the establishment of specific profiles and can be applied preventively early in the season to objectify and correct anomalies, particularly agonists/antagonists imbalances sometimes responsible for further damage. It allows a customized physical preparation, predicting the return to competition.

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