**Observed Movement Patterns during a Small Knee Bend and Patient-Reported Health-Related Quality of Life in Elite Male Professional Golfers**

**Botha, N. (1, 2), Wilson, D. (1, 2), Hawkes, R. (2, 3), Dickenson, E.J.L. (2, 4), Stokes, M. (1, 2), Warner, M. (1, 2).**

(1): Faculty of Health Sciences, University of Southampton, Southampton, UK

(2): Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis, UK

(3): PGA European Tour

(4): WMS Clinical Trials Unit, University of Warwick

Hip and groin pain are increasingly common, affecting physical function and health-related quality of life. The aim of this study was to establish if a relationship exists between patient-reported health-related quality of life, using the International Hip Outcome Tool (iHot-12), and observed movement patterns during the Small Knee Bend (SKB) manoeuvre in elite golfers.

Fifty seven professional male golfers aged 18 to 43 years (mean 29.5) completed the iHot-12 questionnaire. The SKB forms part of a hip and lower limb movement screen under development and was performed to observe hip and pelvic movement patterns.

**On the iHot-12, zero represents extreme hip and groin problems, while 100 represents no problems. Players reported a mean (SD) iHot-12 score of 89.7% (9.7). Almost half of the players (47%) presented with four out of five movement faults. Spearman’s correlation indicated that the iHot-12 and movement patterns scores were not correlated on the right or left side, with** **r(55) = 0.016, p=0.90 and r(55) = 0.041, p=0.76 respectively.**

These preliminary findings suggest no relationship exists between health-related quality of life and movement patterns scores. This may be explained by the large proportion of high iHot-12 scores in this participant group. Future larger studies are warranted to examine the risk of injury relationship between the low reported iHot-12 scores and altered hip and pelvic movement patterns.

Nadine Botha MRes BPhyst MCSP

[nclb1e08@soton.ac.uk](mailto:nclb1e08@soton.ac.uk)

Faculty of Health Sciences

Building 45

University of Southampton

Highfield Campus

Southampton

SO17 1BJ

United Kingdom

Tel: +44 (0)2380 596868