



JOURNAL OF EXERCISE SCIENCE AND PHYSIOTHERAPY

Indexed, Peer Reviewed, Referred



Modulatory Effects of Blood Flow Restriction Training and Resistance Training on Perceived Exertion and Psychosomatic Wellness in Male Athletes with Hip and Groin Pain

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Abstract

Aim: The aim of the present study was to observe modulatory effects of blood flow restriction training (BFRT) and resistance training (RT) on perceived exertion and psychosomatic wellness in male athletes with hip and groin pain. **Materials and Methods:** Thirsty two male athletes of different sports with diagnosed hip and groin pain were randomly assigned into two groups: BFR training (n= 16) and RT (n= 16). Both the groups performed the respective interventions for 4-weeks. Key outcomes comprised of perceived exertion through Borg CR10 scale and psychosomatic wellness form Subjective Wellbeing Questionnaire. Pre and post intervention scores were assessed with the help of paired and independent t-test. **Results:** Both groups showed statistically significant enhancements in perceived exertion and psychosomatic wellness ($p < 0.001$). However, the BFR group indicated greater reduction in perceived exertion ($\Delta = -2.18$) and a more noticeable improvement in wellness score ($\Delta = +3.68$) compared to RT group ($p < .001$). **Conclusion:** BFR training is an effective and well- abided exercise protocol for better recovery perception and wellness signs in athletes suffering from hip and groin pain. In comparison to traditional RT, BFRT results is more beneficial in decreasing subjective fatigue and improving overall wellness, making it a valuable adjunct to rehabilitation program in this population.

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Key words: Blood Flow Restriction, Perceived Exertion, Subjective Wellbeing, Hip and Groin Pain, Resistance Training

DOI: 10.18376/jesp/2025/v21/i1/47755

Introduction

In the field of sports, it is very difficult to manage sports injuries and rehabilitation without the loss of training capacity of the player. Hip and Groin pain is a common problem in sports specifically in those which require rapid change of direction, sudden acceleration or deceleration and kicking