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**CENTRE FOR SPORT, EXERCISE
& OSTEOARTHRITIS RESEARCH**
VERSUS
ARTHRITIS



Nottingham University Hospitals
NHS Trust

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Proposed Project Title:

Prevalence and associated risk factors of foot/ankle osteoarthritis and neurodegenerative conditions in ex-professional footballers compared to general population

Supervisor(s):

Professor Weiya Zhang (Principal Supervisor)

Professor Michael Doherty (co-supervisor)

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FOCUS (Foot Osteoarthritis & Concussion in UK Soccer)

Overview:

Football is the most popular sport in the world with 300 million people in over 200 countries actively playing it. Professional footballers can sustain many injuries, especially to the foot/ankle joint and also the head/neck – this can make them susceptible to developing osteoarthritis and neurodegenerative diseases (e.g. dementias and Parkinson's) later on in life.

We are now doing a study to find out if retired professional footballers are more likely to have pain and osteoarthritis in the foot/ankle joint compared with men in the general population. We will also investigate if retired players are more likely to have problems with memory/thinking (e.g., dementias) and other neurodegenerative diseases compared with men in the general population. The footballer group will be age-matched with men in the general population.

Aims and Objectives:

1. To find out if foot/ankle osteoarthritis and dementia and Parkinson's disease are more common in retired professional footballers compared with age-matched men in the general population.
2. To find out what specific risk factors (e.g. head and foot injury) may put footballers at higher risk of getting foot/ankle osteoarthritis and dementia.