ABSTRACT

TITLE:	Prophylactic Ibuprofen Use in Comparison to a Placebo in Division II Football Players
AUTHOR(S):	Hull, Kortney ; Meyer, Dr. Carrie
PRESENTED AT:	6th Annual Natural & Behavioral Sciences Undergraduate Research Symposium Program, Fort Lewis College, 2011

ABSTRACT: Non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen have a high prevalence of use among many athletes (Corrigan, 2003; Tscholl, 2008, 2009; Warner, 2002). These drugs can be dangerous to a person when used as a treatment and the effects of taking them prophylactically are unknown. To look at the possible effects, ibuprofen use was examined in nine Fort Lewis College football players, aged 18 to 24, who had been taking ibuprofen prophylactically. The effects of ibuprofen were then compared to the effects of a placebo. It was hypothesized that there would be no difference in the subjects overall performance or well being when ibuprofen was used prophylactically in comparison to the placebo. Athletes were given either the placebo or ibuprofen prior to practice and were asked to answer a question about their level of discomfort ranging from 0-10 (0 being no discomfort and 10 being extreme discomfort). This question was given immediately following practice again along with a question regarding their quality of practice. Using an ANOVA two-factor with replication test, the average level of discomfort was compared between the placebo and ibuprofen groups for each subject resulting in a p value of .96. The same ANOVA test was done to see if the quality of their performance had changed between the groups resulting in p=.67. This showed that there was no significant difference in the subject's level of discomfort or quality of practice when ibuprofen was used in comparison to a placebo.