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**Changes in bodyweight in professional hockey players as an indicator of dehydration compared with performance assessment: A pilot study.**

**Joseph Horrigan, DC, Soft Tissue Center, Los Angeles, CA; Keith Feder, MD, West Coast Center for Orthopedic Surgery and Sports Medicine, Manhattan Beach, CA; Robert Reiss, MD, Daniel Freeman Hospital, Inglewood, CA; Rick Burrill, ATC, Long Beach, CA.**

**Purpose:** The purpose of this investigation was to monitor changes in bodyweight in professional hockey players during a three-game series and compare this with performance. **Method:** Players were weighed before and after each practice and game (9 days). The player's performance at each game was subjectively evaluated by the coaches and an independent observer and given a rating of good = 1, average = 2, poor = 3. The evaluators were blinded to subject's bodyweight during this investigation. The body weight changes were compared with subjective performance evaluation. The subjects (n = 18) were allowed to drink fluids on their own without any formal instruction or hydration protocol. **Results:** The range of weight loss in practice was 0-6 lbs with a mean of 2.38 lbs. and a game range loss of 1-8 lbs. and a mean of 3.91 lbs. Performance was not a function of weight loss, but weight loss was a function of performance. Performance scores ranged from 1-2 with a median of 1.44. The top five-rated players had values ranging from 1.0-1.11. These top five had a mean weight loss ranging from 3.0-3.4 lbs. Of interest, five subjects required 5-7 days to return to their bodyweight in the 9 day study. Only one of these subjects was in the top five-rated players, but four were in the bottom five-rated players and their range of mean weight loss was 3.0-4.14 lbs (array = 3.0, 3.66, 4.0, 4.14, 4.14 lbs).

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