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Changes in bodyweight in professional hockey players as an indicator of dehydration after hydration protocol instruction compared with pre-dehydration instruction.

Joseph M. Horrigan, DC, Los Angeles, CA; Keith S. Feder, MD, Manhattan Beach, CA; Robert Reiss, MD, Westchester, CA; Rick Burrill, ATC, Long Beach, CA; G. Douglas Andersen, DC, Brea, CA.

Purpose: The purpose of this investigation was to monitor changes in bodyweight in professional hockey players (n=18) during a five-game series (9 days). **Method:** The players received formal instruction and a protocol for dehydration before the commencement of this investigation. This investigation follows a three-game study (9 days) in which players ingested fluids on their own accord. This investigation follows the players receiving hydration instruction protocol including pregame ingestion, game ingestion, and types of fluids. Players were weighed before and after each practice and game. The posthydration instruction bodyweight (HB) changes were compared with prehydration instruction bodyweight changes (PHB). **Results:** The PHB range of weight loss in practice was 0-6 lbs. With a mean of 2.38 lbs. and a PHB game range of weight loss of 1-8 lbs. and a mean of 2.99 lbs. Game HB improved by 0.92 lbs. or 23% less fluid loss by weight, and this study had 2 more games in the same time frame which should have caused greater weight loss. During PHB investigation, five players required 5-7 days to return to baseline body weight (BBW). During the HB investigation, all players returned to BBW in 2 days except one player who required 3 days to return to BBW.

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