

[VISA]), and ultrasound morphology (thickness, echogenicity, power Doppler area [PDA]). Assessments were conducted at baseline, 12 weeks, and 38 weeks.

Results Both groups demonstrated clinically relevant improvements in NRS during sport after 12 weeks, with sustained effects at 38 weeks (Collagen: baseline 3.90 ± 0.59 ; 12 weeks 2.20 ± 0.45 ; 38 weeks 1.50 ± 0.34 ; Placebo: baseline 5.00 ± 0.45 ; 12 weeks 2.20 ± 0.28 ; 38 weeks 2.30 ± 0.57). Secondary outcomes, including other NRS scores and VISA-Patella, improved similarly in both groups. Ultrasound PDA improved after 12 weeks. No significant differences were observed between the collagen and placebo groups for primary or secondary outcomes.

Conclusion This study found no superior clinical effect of collagen supplementation as an add-on to HSR training in elite athletes with tendinopathy.

47 DISTAL BICEPS TENDON REPAIR USING A MODIFIED BOYD-ANDERSON APPROACH SHOWS GOOD PATIENT REPORTED OUTCOME AND RANGE OF MOTION

¹Christos Soleas, ^{1,2}Kristoffer Weisskirchner Barfod*, ^{1,2}Christian Dippmann. ¹Copenhagen University Hospital – Bispebjerg and Frederiksberg, Denmark; ²University of Copenhagen, Denmark

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Introduction Distal biceps tendon rupture can be treated with surgical repair using either the single-incision or double-incision technique. The modified Boyd-Anderson double-incision technique, has been associated with an increased risk of post-operative range of motion (ROM) limitations due to a higher incidence of heterotopic ossification.

Materials and Methods This prospective study followed a successive cohort of patients undergoing surgical repair of a distal biceps tendon rupture. All patients were treated using the modified Boyd-Anderson double-incision technique and followed-up 3, 6, and 12 months postoperatively. Clinical outcomes were assessed using the Oxford Elbow Score (OES) and objective measurements of elbow ROM.

Results The mean (SD) OES improved from 24 (11) preoperatively to 37 (8), 41 (7), and 42 (8) at 3, 6, and 12 months postoperatively, respectively. Flexion deficit decreased from 5° (11) to 2° (13), 0° (1), and 2° (9), while extension deficit improved from 8° (17) to 0° (4), 0° (1), and 0° (3). Supination and pronation deficits remained minimal, with supination ranging from 3° (8) preoperatively to 6° (14), 2° (5), and 4° (9), and pronation from 2° (8) to 4° (11), 2° (6), and 4° (9). At 12 months, deficits >20° were observed in 3/95 (3%) for flexion, 1/91 (1%) for extension, 8/95 (8%) for supination, and 9/94 (10%) for pronation.

Conclusion The modified Boyd-Anderson double-incision technique demonstrated good patient reported outcome, OES being 42 out of 48 points, and near-normal ROM one year after surgery.

Performance, Recovery and Rehabilitation

48 ADAPTATIONS IN GOLF SWING PERFORMANCE FOLLOWING 16-WEEK STRENGTH TRAINING INTERVENTION IN ELITE GOLFERS

¹Martin Johansen*, ¹Per Aagaard, ²Chris Bishop, ¹Thue Kvorning, ¹Kasper Degn Gejl, ¹Jens Bojsen-Møller. ¹University of Southern Denmark, Denmark; ²Middlesex University, United Kingdom

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Introduction Clubhead speed (CHS) and driving distance are key determinants of elite golf performance, yet evidence from elite cohorts remains limited. This study examined whether a 16-week progressive heavy-resistance training program could improve golf swing performance in elite golfers.

Methods Forty elite golfers affiliated with the Danish National Team were allocated to intervention (INT; 14 men, 15 women) or control (CON; 6 men, 5 women). INT completed four resistance-training sessions per week (progressing from ~12RM to 5RM) for 16 weeks, while CON maintained habitual training. Golf-specific performance was assessed pre- and post-intervention indoors using TrackMan radar. Physical performance was evaluated via isometric mid-thigh pull, isometric bench press, countermovement jump, and trunk rotational power.

Results Following the intervention, INT men improved driver CHS and total driving distance by ~4%, while INT women increased CHS by ~4% and total driving distance by ~6%. Similar relative gains were observed for 6-iron CHS and distance. Maximal strength and power also improved in INT, with increases in lower- and upper-body maximal force, countermovement jump variables, and rotational peak power across sexes. No changes were observed in CON.

Conclusion A 16-week progressive heavy-resistance program enhanced driver and 6-iron CHS and total distance and improved maximal strength and power in elite male and female golfers compared with controls. These findings support including targeted strength training to improve golf swing performance in elite golfers.

49 PREDICTING POOR RECOVERY AFTER ANKLE INJURY FOR TARGETED RCTS: EXTERNAL VALIDATION OF AN EXISTING TOOL USING A LARGE PROSPECTIVE COHORT

¹Thomas Bestwick-Stevenson, ¹Kim Edwards, ¹Mark Batt, ²Garrett Bullock, ¹Brigitte Scammell, ^{1,2,3}Stefan Kluzek*. ¹Queen's Medical Centre Nottingham University Hospitals, United Kingdom; ²The Wake Forest University School of Medicine, United States of America; ³University of Oxford, United Kingdom

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Background Lateral ankle sprains are common and often recur. While most recover well, a significant minority have poor out-