

# The prevention of lower extremity physical activity injuries; a school-based randomised controlled trial in children aged 10-12 years.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON20638

### Source

Nationaal Trial Register

### Brief title

iPlay

## Sponsors and support

**Source(s) of monetary or material Support:** ZonMw - the Netherlands Organisation for Health Research and Development

## Intervention

## Outcome measures

### Primary outcome

1. Incidence of lower extremity injuries;
2. Costs associated with lower extremity injuries.

## Secondary outcome

Change in attitudes and behaviour with regards to injury and injury prevention.

## Study description

### Background summary

In children physical activity injuries are a major health problem. Physical activity injuries in children are associated with prolonged periods of impairment of everyday activity and life. In order to reduce the short- and long-term effects of physical activity injuries in terms of their social and economic consequences, prevention of these injuries in children is important. The aim of the proposed randomised controlled trial is to evaluate an intervention programme to be used in physical education (PE) classes of primary schools, aimed at reducing acute lower extremity injuries due to sports and physical activities in pupils aged 10-12 years. The intervention programme has been developed according to the intervention mapping protocol, and is designed to reduce injuries sustained during PE, as well as during organised and non-organised sports and physical activities. The effectiveness of the prevention programme will be evaluated in a randomised controlled trial. The study will be carried out during one school year in primary schools, reaching boys and girls aged 10-12 years (7th & 8th grade). Schools will serve as randomisation units to avoid spill-over of the intervention within schools and to enhance control over intervention adherence and compliance. The effect of the intervention will be assessed using multilevel analysis. The primary outcome measure will be acute lower extremity injury incidence. Secondary outcome measures will include injury severity, injury costs, school absence and intermediary factors such as knowledge and attitude regarding the prevention of lower extremity injuries.

### Study objective

The promotion of safe sports participation proves effective in a physical education setting, resulting in a reduction of lower extremity injuries in children.

### Study design

N/A

### Intervention

The injury prevention programme aimed lower extremity injuries in children aged 10-12 years was constructed based on an intervention mapping protocol. In general the injury prevention programme focuses on injury prevention in general and focuses on injury awareness, physical fitness and coordination (motor control). In addition the programme focuses on soccer, tennis, basketball, inline skating and snowboarding. These are the most commonly practiced

activities in this age group. The injury prevention programme will be given by the children's teachers as a 9 month course.

## Contacts

### **Public**

VU University Medical Center, EMGO-Institute,  
Van der Boechorststraat 7  
D.M. Collard  
Van der Boechorststraat 7  
Amsterdam 1081 BT  
The Netherlands

### **Scientific**

VU University Medical Center, EMGO-Institute,  
Van der Boechorststraat 7  
D.M. Collard  
Van der Boechorststraat 7  
Amsterdam 1081 BT  
The Netherlands

## Eligibility criteria

### **Inclusion criteria**

Primary schools.

### **Exclusion criteria**

N/A

## Study design

### **Design**

Study type:	Interventional
Intervention model:	Parallel

Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2006
Enrollment:	2280
Type:	Actual

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL536
NTR-old	NTR580
Other	: N/A
ISRCTN	ISRCTN78846684

# Study results

## Summary results

N/A