

Tennis Injury Prevention: the KNLTB Tennisready ApP (TIPTAP) Trial

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21419

Source

NTR

Brief title

TIPTAP

Health condition

sports injuries

Sponsors and support

Primary sponsor: AMC

Source(s) of monetary or material Support: KNLTB

VeiligheidNL

VUMC

Intervention

Outcome measures

Primary outcome

otal acute and overuse injury prevalence (in percentage) during follow up

Secondary outcome

1. Location specific injury prevalence (in percentage) during follow up with locations defined according to the definitions by Pluim et al 3(see tables 2 and 3)
2. Injury rate during follow up defined as the total number of injuries per 1000 player hours.
3. Injury rate (injuries/1000 playing hours) with injury type and location subdivision according to Pluim et al.3
4. Severity defined as time to return to play in days for injured players. Time to return to play is defined as the time from the start of injury until full and unrestricted return to recreational tennis play.
5. Acute Injury recurrence rate for injured players within 2, 6 and 12 months.
6. Self-reported compliance defined as the self-reported use of KT.
7. Monthly self-reported Coach compliance to the program defined as the self-reported percentage of training sessions that the KTAP warm up was used.

Study description

Study objective

KNLTB TennisReady leads to less injuries then current warm up practice of tennisplayers.

Study design

Biweekly for a follow up of 16 weeks.

Intervention

KNLTB TennisReady consists of a structural on and off court program specific for tennis players. It is made available for those participants randomised to the TennisReady group. They are encouraged to use the on court program prior to each training and to perform one or both programs at least twice a week.

Contacts

Public

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Eligibility criteria

Inclusion criteria

1. age of ≥ 18 years
2. own a smartphone or tablet
3. willingness to perform the TennisReady program at least twice per week (off and/or on-court)

Exclusion criteria

none

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	14-04-2017

Enrollment: 658
Type: Anticipated

Ethics review

Positive opinion
Date: 11-04-2017
Application type: First submission

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	NL6102
NTR-old	NTR6443
Other	METC AMC : W16_321#17.066

Study results