

# GRIPP trial

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON24581

### Source

NTR

### Brief title

GRIPP

### Health condition

Musculoskeletal injuries

## Sponsors and support

**Primary sponsor:** N/A

**Source(s) of monetary or material Support:** This study is funded by ZonMW: The Netherlands Organisation for Health Research and Development and scientific fund of Amphia Hospital Breda. Department of Orthopaedic Surgery Amphia Breda, Department of Orthopaedics and Sports Medicine, Erasmus University Medical Center and Department of Public and Occupational Health, Amsterdam University Medical Centers supports with outsourcing of employees.

## Intervention

## Outcome measures

### Primary outcome

Prevalence (%) of golf-related injuries over a period of 5 months

## Secondary outcome

- Injury incidence
- Location specific incidence and prevalence
- Risk factors
- Injury severity
- Athletes compliance

## Study description

### Background summary

#### Background:

60 million golfers around the world play golf. Golf injuries are most frequently located in the spine, elbow, wrist, hand and shoulder.

Those injuries are often seen in golfers with more playing hours and suboptimal swing biomechanics, resulting in overuse injuries.

Golfers who do not perform a warm-up or who do not warm-up appropriately are more likely to report an injury than those who do. There are several ways to warm-up. It is unclear, which warm-up is most useful for a golfer to perform. Moreover, there is currently no evidence for the effectiveness of a warm-up program for golf injury prevention. We previously have developed the Golf Related Injury Prevention Program (GRIPP) intervention using the Knowledge Transfer Scheme (KTS). In the current study, the effect of this intervention program on golf-related injuries is evaluated. The hypothesis is that the GRIPP intervention program will reduce the number of golf-related injuries.

#### Methods/design:

The GRIPP study is a two-armed randomized controlled trial. Twenty-eight golf clubs with 11 golfers per club will be randomly allocated to the intervention or control group. The intervention group will perform the GRIPP intervention program, and the control group will perform their warm-up as usual. The GRIPP intervention is conducted with the Knowledge Transfer Scheme framework, which uses five steps to develop the intervention. Three experts meetings and a pilot study were organized. The interventions consist of 6 exercises with a maximum total duration of 10 minutes. The primary outcome is the overall prevalence (%) of golf injuries measured with the Oslo Sports Trauma Research Center (OSTRC) questions on health problems every fortnight.

#### Relevance of the study:

Warm-up prevention programs are proven to be effective in reducing the risk of injuries in other types of sports, such as volleyball, handball and baseball. No prospective randomized trials have assessed the effect of a warm-up protocol previously for golfers on injury prevention.

#### Hypothesis:

The hypothesis is that the GRIPP intervention will reduce golf-related injury rates.

### **Study objective**

The hypothesis is that the GRIPP intervention will reduce golf-related injury rates.

### **Study design**

T0: Baseline questionnaire

T2-T18: Two-weekly questionnaire

T20: End-questionnaire

### **Intervention**

The intervention consist of 6 exercises with a maximum total duration of 10 minutes.

## **Contacts**

### **Public**

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## **Eligibility criteria**

### **Inclusion criteria**

- Participants are golfers with a handicap of  $\leq 36$
- Participants are  $\geq 45$  years of age
- Participants play/train at least nine holes once a week (and are willing to perform the GRIPP intervention at least twice a week)
- Participants understand the Dutch language

## Exclusion criteria

The criterium for exclusion is not having an individual email address.

## 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):	22-05-2021
Enrollment:	308
Type:	Anticipated

### IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Positive opinion	
Date:	28-10-2021
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	NL9847
Other	METC AMC : W21-046#21.140

## Study results