

Effect of an exercise program on the jump-landing technique in athletes.

No registrations found.

Ethical review	Not applicable
Status	Suspended
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25237

Source

Nationaal Trial Register

Health condition

Lower extremity, Injuries, Jump-landing technique
onderste extremiteit, letsels, sprong-landing techniek

Sponsors and support

Primary sponsor: - Vrije Universiteit Brussel, Dept. Human Physiology & Sports Medicine, Belgium

- EMGO Institute for Health and Care Research, Department of Public and Occupational Health. VU University Medical Center, Amsterdam, the Netherlands

Source(s) of monetary or material Support: Policy Research Center Sports, Youth and Culture (Belgium), 3001 Leuven

Intervention

Outcome measures

Primary outcome

Jump-landing technique. The jump-landings of all athletes will be recorded with a camera and will be analysed on technique.

Secondary outcome

Injuries.

Study description

Background summary

With the relatively high rate of injuries to the lower extremity due to jump-landing movement patterns and the accompanied high costs, there is need for determining potential preventive programs. A program on the intervention of jump-landing technique is possibly an important preventative measure since it appeared to reduce the incidence of lower extremity injuries. In real life situations, amateur sports lack the infrastructure and funds to have a sports physician or therapist permanently supervising such a program. Therefore the current prevention program is designed so that it could be implemented by coaches alone.

The study is started in Belgium.

Study objective

Has a coach supervised intervention program targeting jump-landing technique effect on the incidence of lower extremity injuries.

Study design

During the study period there are two fixed measurement, at baseline (T0) and after 3 months (T1). At T0 a questionnaire is completed by the athletes, and at both occasions (T0-T1) the athletes' jump landing technique is assessed. Additionally, exposure hours and lower extremity injuries are continuous registered through questionnaires during the entire 2010-2011 basketball season (6 months).

Intervention

Control group:

Normal training routine.

Intervention group:

Normal training routine and exercise programme based on systematic literature reviews. The programme lasts three months and involves exercises concerning jump-landing technique.

The intervention lasts three months, each month another accent:

1st month: Technique;

2nd month: Fundamentals;

3rd month: Performance.

All exercises in the current program are adjusted so that a more progressive development in the exercise is presented.

Contacts

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Eligibility criteria

Inclusion criteria

Athletes in national division and, 1st and 2nd regional basketball teams in Flanders, Belgium.

Exclusion criteria

Athletes who do not master the Dutch language or have a current injury to the lower extremity at time of inclusion.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Suspended
Start date (anticipated):	01-08-2010
Enrollment:	240
Type:	Anticipated

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 NL2290

NTR-old NTR2560

Other local ethical committee of the Free University Brussels : B.U.N. B14320071963

ISRCTN ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

May 2011