Effects of a pretraining conditioning program for less fit Airmobile recruits

No registrations found.

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

Summary

ID

NL-OMON26461

Source
NTR

Brief title
PCP AMOL

Health condition

Low pretraining cardiorespiratory fitness. Increased risk of overuse injuries.

Sponsors and support

Primary sponsor: Academic Medical Center (AMC), Amsterdam
Source(s) of monetary or material Support: Dutch Ministry of Defense

Intervention

Outcome measures

Primary outcome

Cardiorespiratory fitness (2.7km run time)

Secondary outcome

- Incidence of overuse injuries, diagnosed by a military physician

- Incidence of acute injuries, diagnosed by a military physician

- Withdrawal from training for overuse injuries

- Withdrawal from training for acute injuries

- Effects of the intervention from a military physician, in case of an injury

Study description

Background summary

Research shows that there is strong evidence that poor performance on a set distance for run time is
a predictor for musculoskeletal injuries (MSI) in military and civilian athletic populations. Current
policy accepts recruits with slower run times to start the initial military training, leading to a high
attrition rate due to injuries. This has consequences for the demand for health care, and personnel
occupation of military units. This randomized controlled trial determines the effects of a pretraining
conditioning program for high injury risk Airmobile recruits on running endurance, injury incidences,
and withdrawal from training due to overuse injuries.

Study objective

A) Recruits in the intervention group show more improvement over time on mean endurance post
intervention and halfway through the AMOL, than recruits in the control group.

B) The chance of
withdrawal from training for overuse injuries of recruits in the intervention group is lower than the
chance of withdrawal from training for recruits in the control group.

Study design

Primary: week 1 AMOL, post intervention, and mid-term of the AMOL.

Secondary: success rates and injury incidences of the total training time.

Intervention

Pretraining conditioning program, with a focus on running endurance. Besides that, strength, core stability, agility and general health are also intervened.

The control group undergoes the usual procedure.

Contacts

Public
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Eligibility criteria

Inclusion criteria

- Airmobile recruits

- 2.7 km run time equal or more than 00:12:23 in week 1 of the AMOL

- signed informed consent

Exclusion criteria

- if one on the inclusion criteria is not met

Study design

Design

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	18-04-2018
Enrollment:	37
Type:	Anticipated

Ethics review

Positive opinion

Date:	25-01-2018
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	NL6791

Register	ID
NTR-old	NTR6977
Other	METC UMC Utrecht : 17-631

Study results

Summary results
N/A