

Effect of core-stability training on drop-out and injury risk in basic military training of the Dutch Marine Corps

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28740

Source

NTR

Health condition

overuse injury; basic military training; core stability training ; prevention

Sponsors and support

Primary sponsor: Koninklijke Marine Ministerie van Defensie

Source(s) of monetary or material Support: no funding

Intervention

Outcome measures

Primary outcome

Relative Risk for drop-out

Secondary outcome

Hazard ratio for injury

Study description

Background summary

Basic military training of the Dutch Marine Corps is compromised by a high incidence of musculoskeletal injury.

Additional core-stability training may reduce drop-out and injury in basic military training of the Dutch Marine Corps. With this RCT we want to assess the effects of additional core stability training on drop-out en injury risk.

Study objective

Basic military training of the Dutch Marine Corps is compromised by a high incidence of musculoskeletal injury.

Additional core-stability training may reduce drop-out and injury in basic military training of the Dutch Marine Corps. With this RCT we want to assess the effects of additional core stability training on drop-out en injury risk.

Study design

After 24 weeks of the basic military training the drop-out rate and injury rate will be measured. Three consecutive training periode of 24 weeks will be analysed

Intervention

intervention; additional core-stability training of 2 sessions of 60 minute a week during basic military training for 23 weeks.

Controle: Regular Basic Military Training

Contacts

Public

Physical Therapy Centrale Ziekenboeg , Royal Navy Rijkszee en Marinehaven 1
Frank Meijer
Den Helder 1781 ZZ
The Netherlands
0031889510108 // 0031629020882

Scientific

Physical Therapy Centrale Ziekenboeg , Royal Navy Rijkszee en Marinehaven 1
Frank Meijer

Den Helder 1781 ZZ
The Netherlands
0031889510108 // 0031629020882

Eligibility criteria

Inclusion criteria

Participants, man of 18-28 years old who passed the medical screening by the Dutch Navy Selection Centre and successfully passed the physical and psychological selection test for admission to the Basic Military training of the Dutch Marine Corps. And are injury free at the start of the basic training.

Exclusion criteria

Age under 18

Poor understanding of the Dutch language

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):	21-09-2015
Enrollment:	216
Type:	Actual

Ethics review

Positive opinion

Date: 23-01-2017

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 45099

Bron: ToetsingOnline

Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL6121
NTR-old	NTR6260
CCMO	NL54431.094.15
OMON	NL-OMON45099

Study results