

# Een warming-up programma voor jeugd hockey spelers ter voorkoming van blessures

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON29545

### Source

NTR

### Health condition

field hockey, injuries, youth, prevention, child, adolescent

## Sponsors and support

**Primary sponsor:** VU University Medical Center Amsterdam

**Source(s) of monetary or material Support:** CAPES (Coordenação de Aperfeiçoamento de Pessoal de Nível Superior, Brasil)

## Intervention

## Outcome measures

### Primary outcome

injury incidence and injury severity

### Secondary outcome

information regarding facilitators and barriers for national implementation

## Study description

### Background summary

The costs associated with sports injury pose a large burden on public health. Moreover, the negative associations with sports injury in youth can make a child lose enthusiasm for participation in physical activity and sports.

Field hockey is ranked among the most popular sports in the Netherlands, but it is also relatively risky. The Dutch Consumer Safety Institute (VeiligheidNL) calculated that the incidence of hockey injuries is 4.1 per 1000 hours of hockey.

The overall aims of the proposed study is to evaluate the effectiveness of a hockey warming-up program on the incidence and severity of hockey related injury incidence in players aged 10 – 17 years, and investigate the facilitators and barriers for the national implementation of the program in the Netherlands.

### Study objective

The overall aim of the proposed project is to evaluate the effectiveness of a hockey warming-up program. We specifically aim to answer the following research questions:

1. What is the effectiveness of the hockey warming-up program on hockey related injury incidence in children aged 10 – 17 years?
2. What is the effectiveness of the hockey warming-up program on the severity of hockey related injuries in children aged 10-17 years?
3. What are facilitators and barriers for the national implementation of the program in the Netherlands? (process evaluation)

### Study design

- Baseline questionnaire
- weekly registration of participation in hockey training and matches of all players throughout the season
- in case of a hockey related injury in a player, details of the injury will be registered

### Intervention

Goal

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The main goal of the intervention is to provide the coach and players with a good and standard warming-up program in order to reduce the number of hockey related injuries.

### Content of the warming-up program

The warming-up program was developed by the KNHB and VeiligheidNL in cooperation with Interpolis (Dutch Insurance company) and child- and sports physiotherapists. The exercises are

available via <http://hockey.warmingupapp.nl/oefeningen> .

Coaches can also install the exercises on their smartphone.

Motor skills are rapidly changing in a growing child; An eight year old child (E youth) has other needs and skills compared to an adolescent of

16 (A youth). Therefore four categories of exercises were developed. Each warming-up session is designed to follow-up on the previous

warming-up session. A single warming-up session comprises of three phases, with the last phase being a game situation to make sure that players are well prepared for the coming training or match.

## Contacts

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## Eligibility criteria

## Inclusion criteria

Participants in this study will be players from youth field hockey teams A to E, meaning that participants are aged 10-17 years.

## Exclusion criteria

None specified

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-09-2016
Enrollment:	336
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	NL5856
NTR-old	NTR6035
Other	: VUmc 2016.386

## Study results