Cost-effectiveness of an injury prevention program in male amateur soccer

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This project focuses on injury prevention-related cost-effectiveness of the "F-MARC Bricks".We hypothesize that the exercises of the *F-MARC Bricks*, integrated in the warm up, reduce injury incidence and/or injury severity and...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Tendon, ligament and cartilage disorders
Study type	Interventional

Summary

ID

NL-OMON33913

Source
ToetsingOnline

Brief title
Injury prevention in amateur soccer

Condition

- Tendon, ligament and cartilage disorders

Synonym
musculoskeletal injuries, sports injuries

Research involving
Human

Sponsors and support

Primary sponsor: Universitair Medisch Centrum Utrecht
Source(s) of monetary or material Support: ZonMw,KNVB

Intervention

Keyword: cost-effectiveness, injury prevention, soccer

Outcome measures

Primary outcome

Incidence, causes, and circumstances of injuries, and all costs related to

injury

Secondary outcome

Long-term adherence to the intervention program during the next soccer season

following the trial.

Physical characteristics of the players.

Study description

Background summary

In the Netherlands annually, out of 1.5 million sports injuries 51% are linked with medical treatment and work/education absenteeism costing ¤590 million a year. Outdoor soccer causes the largest number of injuries each year (N=420.000), corresponding with a significant amount of the total costs of sports injuries. Most soccer injuries are located in the lower extremities. Research has shown that a combination of poor neuromuscular control, lack of agility and poor eccentric and plyometric strength leads to an increase in the injury risk in lower extremities. In literature there is strong evidence that improvement of these risk factors through specific exercises is an important factor in the prevention of sports injuries. An injury prevention program called *The F-MARC Bricks*, developed with the support of the World Football Association FIFA, aims at lowering the impact of these risk factors in soccer. Research in Swiss junior soccer players (14-19 years) has shown that the 10 exercises of this program directed at improving neuromuscular control, agility and eccentric hamstring strength, reduced injury rates significantly. However, the cost-effectiveness of such an intervention program is still unknown.

Study objective

This project focuses on injury prevention-related cost-effectiveness of the

"F-MARC Bricks".
We hypothesize that the exercises of the *F-MARC Bricks*, integrated in the warm up, reduce injury incidence and/or injury severity and corresponding (para)medical costs and work/education absenteeism.

Study design

cluster randomized Trial (see protocol)

Intervention

Preventive exercise program called the F-MARC Bricks in the warm up of each soccer practice session and matches during the season.

Study burden and risks

The risks are negligible and the burden is minimal.
The population consists of healthy athletes active in outdoor soccer.
The exercises used in the intervention are generally performed in other sports settings and without any risk for injury

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Only healthy male adult players (18-40 yrs) of the first senior teams in the first or second division will be included.

Exclusion criteria

An injury at the start of the soccer season preventing a player from participation in soccer for at least the first half of the soccer season.

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Prevention

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	05-09-2009
Enrollment:	310
Type:	Actual

Ethics review

Approved WMO Date:	23-09-2008
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Utrecht (Utrecht)
Approved WMO Date:	11-08-2009
Application type:	Amendment
Review commission:	METC Universitair Medisch Centrum Utrecht (Utrecht)

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
CCMO	NL23975.041.08