

The GRONORUN study: is a gradual training program for novice runners effective in preventing running related injuries? A randomized controlled trial.

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A more gradual training program for novice runners, will result in a reduction of running related injuries in novice runners.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20159

Bron

NTR

Verkorte titel

GRONORUN

Aandoening

Running related injuries.

Ondersteuning

Primaire sponsor: University Center for Sport, Exercise and Health, University Medical Center Groningen (UMCG)

Overige ondersteuning: ZON-MW, The Netherlands Organization for Health Research and Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The incidence of running related injuries.

Toelichting onderzoek

Achtergrond van het onderzoek

The positive effects of exercise on health and well-being are described at length. There is a need for people to become active, especially in our inactive and overweight times. A popular and challenging type of exercise is running. In the Netherlands, millions of people are running or trying to start running. Health benefits notwithstanding, concerns have been raised about the high incidence of overuse running injuries.

There is no scientific evidence on training programs for the novice runner, and there is inconsistent evidence on what is causing the burden of overuse running injury.

The purpose of this research project is to obtain practical and valuable information on a newly developed gradual '10% training program' for the novice runner to prevent running injuries and consequentially drop outs. Negative experiences (injuries) that occur during training for a running event have the potential to significantly affect future physical activity. Therefore, the prevention of running related injuries is important. In the long follow-up period, valuable information will be gathered for a better understanding of modifiable risk factors in running-related overuse injuries.

The results of this study will be implemented on existing training protocols. Results on risk factors will be implemented by runners, coaches, physiotherapists, sports physicians and general practitioners.

It also warrants further research on clinical and preventive measures to reduce the incidence of overuse injuries and the clinical treatment after sustaining an overuse injury.

Doel van het onderzoek

A more gradual training program for novice runners, will result in a reduction of running related injuries in novice runners.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

A gradual training programme lasting 13 weeks is performed by the intervention group according to prepare for a four mile run. The increase of running load is 10% per week (time). The control group will train for the four mile run using a classic training program lasting 8 weeks.

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Novice runners (maximum of 30 minutes a month) between 18 and 65 years of age.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

No injury of lower limb in the past 3 months before the start of the study.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	11-07-2005
Aantal proefpersonen:	532
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	06-07-2006
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register

NTR-new

NTR-old

Ander register

ISRCTN

ID

NL709

NTR720

: N/A

ISRCTN37259753

Resultaten

Samenvatting resultaten

BMC Musculoskelet Disord. 2007 Mar 2;8:24.