

# Preventing injuries among recreational adult volleyball players

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The objective of the study is to evaluate the effectiveness of the developed intervention ('VolleyVeilig') on the one-season occurrence of finger/wrist, shoulder, knee and ankle injuries among recreational adult volleyball players. Analogously to...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON22405

### Bron

NTR

### Aandoening

Musculoskeletal injuries, especially finger/wrist, shoulder, knee and ankle injuries

### Ondersteuning

**Primaire sponsor:** - Dutch Consumer Safety Institute, Amsterdam, the Netherlands  
- Academic Center for Evidence based Sports medicine (ACES), Academic Medical Center, Amsterdam, The Netherlands  
- Center for Sports Medicine, University of Groningen, University Medical Center Groningen, The Netherlands  
Amsterdam  
- Collaboration for Health & Safety in Sports (ACHSS), Academic Medical Center / VU University Medical Center, Amsterdam, The Netherlands  
- Department of Public and Occupational Health, VU University Medical Center, Amsterdam, The Netherlands  
**Overige ondersteuning:** ZonMW, the Netherlands Organization for Health Research and Development)

# Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

Incidence of acute injury <br>

Prevalence of overuse injury <br>

Compliance with intervention

## Toelichting onderzoek

### Achtergrond van het onderzoek

Both acute and overuse injuries are common among recreational volleyball players, especially finger/wrist, shoulder, knee and ankle injuries. Consequently, an intervention ('VolleyVeilig') was developed in order to prevent or reduce the occurrence of finger/wrist, shoulder, knee and ankle injuries among recreational volleyball players. This article describes the design of a study evaluating the effectiveness of the developed intervention on the one-season occurrence of finger/wrist, shoulder, knee and ankle injuries among recreational adult volleyball players.

A randomized prospective controlled trial with a follow-up period of one volleyball season is conducted. Participants are healthy recreational adult volleyball players (18 years of age or older) practicing volleyball (training and/or match) at least twice a week. The intervention ('VolleyVeilig') consists of a warm-up program based on more than 50 distinct exercises (with different variations and levels). The intervention programme was compared to volleyball as usual. Outcome measures are incidence of acute injury (expressed as number of injuries per 1000 hours of play) and prevalence of overuse injuries (expressed as percentage).

### Doel van het onderzoek

The objective of the study is to evaluate the effectiveness of the developed intervention ('VolleyVeilig') on the one-season occurrence of finger/wrist, shoulder, knee and ankle injuries among recreational adult volleyball players. Analogously to previous studies about the effect of preventive interventions in volleyball and in other sports, the hypothesis of this study is that the developed intervention would lead to a 40% reduction of the number of musculoskeletal injuries over the one-season follow-up in the intervention group by comparison to the control group.

### Onderzoekopzet

Exposure, injuries and compliance are reported every two weeks with an online form.

## Onderzoeksproduct en/of interventie

Intervention 'VolleyVeilig' vs. Volleyball as usual

## Contactpersonen

### Publiek

-Academic Center for Evidence-based Sports medicine (ACES)  
Academic Medical Center (AMC), Amsterdam, The Netherlands  
- Dutch Consumer Safety Institute (VeiligheidNL), Amsterdam, The Netherlands  
Vincent Gouttebarga  
Amsterdam  
The Netherlands  
Tel: +31621547499

### Wetenschappelijk

-Academic Center for Evidence-based Sports medicine (ACES)  
Academic Medical Center (AMC), Amsterdam, The Netherlands  
- Dutch Consumer Safety Institute (VeiligheidNL), Amsterdam, The Netherlands  
Vincent Gouttebarga  
Amsterdam  
The Netherlands  
Tel: +31621547499

## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Inclusion criteria are: (i) 18 years of age or older; (ii) playing in a volleyball team competing recreationally in one of the two competition regions involved in the study; (iii) practicing volleyball (training and/or match) at least twice a week; (iv) speaking and reading Dutch fluently; (v) owning an email address.

### Belangrijkste redenen om niet deel te kunnen nemen

## (Exclusiecriteria)

Participants being injured at the start of the study will be excluded.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
<b>Controle:</b>	Geneesmiddel

### Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	15-08-2017
Aantal proefpersonen:	640
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	01-02-2017
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	ID
NTR-new	NL6055
NTR-old	NTR6202
Ander register	ZonMw : 536001007

## Resultaten