

# Cost-effectiveness of an injury prevention program in male amateur soccer: A cluster randomised controlled trial.

Gepubliceerd: 14-07-2010 Laatste bijgewerkt: 18-08-2022

The hypothesis is that integrating the exercises of the "The11" in the warming up is beneficial regarding injury incidence, injury severity, corresponding medical costs and/or work absenteeism.

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

## Samenvatting

### ID

NL-OMON23921

### Bron

NTR

### Verkorte titel

SCORE

### Aandoening

Soccer, sports, injuries, prevention, effectiveness.

Voetbal, sport, blessures, preventie, effectiviteit.

## Ondersteuning

**Primaire sponsor:** University Medical

Center Utrecht (UMCU), department of Rehabilitation, Rehabilitation, Nursing Science & Sports. Royal Dutch Soccer Association (KNVB Zeist). Netherlands Organization for Applied Scientific Research (TNO Prevention and Care), Leiden. Julius Center for Health Sciences and Primary Care, UMCU.

**Overige ondersteuning:** ZonMw, The Netherlands Organization for Health Research and

## Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

The primary outcomes of the study are individual player exposure, injury incidence and related costs (economic evaluation). <br>

For each team information of all injuries and related costs is systematically reported in an online system by a member of the medical staff. Individual player exposure to practice sessions and games is reported weekly by the coach. Also the use of the "The11" by the soccer coaches during the season after the intervention is monitored.

## Toelichting onderzoek

### Achtergrond van het onderzoek

Background:

Approximately 28% of all sports injuries in the Netherlands are the result of playing outdoor soccer. A cluster randomized controlled trial is designed to investigate the effectiveness and cost-effectiveness of an injury prevention program ("The11") in male amateur soccer players.

Methods:

Twenty-three teams, playing at first class amateur level in two districts in the Netherlands participate in this study. The teams in the intervention group are instructed to perform "The11" during each practice session throughout the 2009-2010 season. All participants of the control group are asked to continue their practice sessions as usual. For each team information of all injuries and related costs is systematically reported in an online system by a member of the medical staff. Individual player exposure to practice sessions and games is reported weekly by the coach. Also the use of the "The11" by the soccer coaches during the season after the intervention is monitored.

Discussion:

Prevention of soccer injuries would be beneficial for players, clubs, the Royal Dutch Soccer

Association (KNVB), insurance companies and society. The hypothesis is that integrating the exercises of the “The11” in the warming up is beneficial regarding injury incidence, injury severity, corresponding medical costs and/or work absenteeism.

### **Doel van het onderzoek**

The hypothesis is that integrating the exercises of the “The11” in the warming up is beneficial regarding injury incidence, injury severity, corresponding medical costs and/or work absenteeism.

### **Onderzoeksopzet**

N/A

### **Onderzoeksproduct en/of interventie**

The injury prevention program “The11”, developed with the support of the World Soccer Association FIFA, aims at lowering the impact of the intrinsic injury risk factors in soccer. This program includes 10 exercises focusing on core stabilization, eccentric training of thigh muscles, proprioceptive training, dynamic stabilization and plyometrics with straight leg alignment. The 11th component, advice for fair play, is left out in this trial.

Twenty-three teams, playing at first class amateur level in two districts in the Netherlands participate in this study. The teams in the intervention group are instructed to perform “The11” during each practice session throughout the 2009-2010 season. All participants of the control group are asked to continue their practice sessions as usual.

## **Contactpersonen**

### **Publiek**

Heidelberglaan 100  
F. J. G. Backx  
Utrecht 3584 CX  
The Netherlands  
+31 (0)30 2501583

### **Wetenschappelijk**

Heidelberglaan 100  
F. J. G. Backx

Utrecht 3584 CX  
The Netherlands  
+31 (0)30 2501583

## Deelname eisen

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

Only male players aged 18-40 years are eligible for inclusion in the study.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Female players and male players < 18 and > 40 years are excluded.

## Onderzoeksopzet

### Opzet

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

### Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-11-2008
Aantal proefpersonen:	310
Type:	Werkelijke startdatum

## Ethische beoordeling

Positief advies

Datum: 14-07-2010

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	NL2310
NTR-old	NTR2416
Ander register	ZonMw : 50-50110-96-554
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Resultaten

### Samenvatting resultaten

N/A