

# The preventive effect of an ankle brace, especially designed for soccer players, on acute ankle injuries in girls amateur soccer players.

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We hypothesize that a semi-rigid ankle brace especially designed for soccer players, will reduce the incidence of ankle sprain injuries among amateur girls soccer players by 50%.

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

## Samenvatting

### ID

NL-OMON23954

### Bron

Nationaal Trial Register

### Verkorte titel

Bracing Ankles in Girls Soccer (BAGS)

### Aandoening

Acute ankle sprain injuries

## Ondersteuning

**Primaire sponsor:** Department of Rehabilitation, Physiotherapy Science & Sports, University Medical Center Utrecht, Utrecht, The Netherlands.

**Overige ondersteuning:** ZON-MW, the Netherlands Organization for Health Research and Development (financial support)  
NEA International BV (supplier of the PSB Sports Kick ankle braces)

## Onderzoeksproduct en/of interventie

## **Uitkomstmaten**

### **Primaire uitkomstmaten**

Injury incidence (injuries per 1000 playing hours) and injury severity (soccer-absenteeism).

## **Toelichting onderzoek**

### **Achtergrond van het onderzoek**

An ankle sprain, mainly of the inversion type, is one of the most common injuries in soccer and often results in time-loss from play. This disabling injury can cause residual complaints such as instability, chronic ankle pain and functional limitation over time and has a high proportion of recurrences.

A number of measures reduce the incidence of ankle sprains in soccer players. These include neuromuscular (proprioceptive and coordination) training and/ or the use of an external support to decrease inversion and eversion range of movement of the ankle joint (like taping or a semi-rigid braces). The key element in the success of a preventive measure is compliance. We know that this element is higher for the use of ankle braces than the performance of neuromuscular training. Dutch soccer players do not often wear braces during their sport. A national survey in 2007 among Dutch soccer players reported that this is the result of a supposed lack of good fit of the available braces and pinching of the feet in the soccer shoes due to the thickness of the braces and the fear of reduced ball control. Using an ankle brace specifically developed for and in cooperation with soccer players to prevent (recurrent) ankle sprains (PSB Sports Kicx), may very likely contribute to the removal of the above-suggested barriers to wear braces during soccer play. We hypothesize that this brace will reduce the incidence of ankle sprain injuries among amateur girls' soccer players by 50%.

### **Doel van het onderzoek**

We hypothesize that a semi-rigid ankle brace especially designed for soccer players, will reduce the incidence of ankle sprain injuries among amateur girls soccer players by 50%.

### **Onderzoeksopzet**

Weekly registration starts 05-09-2016

Intervention starts 31-10-2016

Follow-up ends 29-05-2017

Baseline measurements (e.g. length, weight, single leg balance tests, Beighton score) and questionnaires (e.g. player characteristics and injury history) will be performed < 31-10-2016.

Weekly registration by SMS or e-mail, containing questions about ankle complaints, exposure hours, other injuries, compliance to intervention.

In case of ankle injury: information regarding diagnosis, etiology, injury date, contact vs non-contact, recovery date, medical treatment, absenteeism from school-/ work).

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

The intervention in this study is the Push Sports Kicx ankle brace, a semi-rigid ankle brace especially designed for soccer players. This brace will be used on both sides during all soccer-related activities (training and match).

## **Contactpersonen**

### **Publiek**

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### **Wetenschappelijk**

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## Deelname eisen

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

The study will comprise soccer clubs from one geographically district affiliated with the KNVB (i.e. the Royal Netherlands Football Association). Clubs are eligible if they have at least one girls team participating in the U19 or U17 competition.  
Players are eligible if they are aged 14 - 18 years.

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

Players will be excluded if they do not master the Dutch language.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

### Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	05-09-2016
Aantal proefpersonen:	704
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies

Datum: 08-09-2016

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	NL5873
NTR-old	NTR6045
Ander register	16/298 : METC protocol number

## Resultaten