GRIPP trial

Gepubliceerd: 28-10-2021 Laatst bijgewerkt: 18-08-2022

The hypothesis is that the GRIPP intervention will reduce golf-related injury rates.

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

Samenvatting

ID

NL-OMON24581

Bron
NTR

Verkorte titel
GRIPP

Aandoening

Musculoskeletal injuries

Ondersteuning

Primaire sponsor: N/A
Overige ondersteuning: This study is funded by ZonMW: The Netherlands Organisation for Health Research and Development and scientific fund of Amphia Hospital Breda. Department of Orthopaedic Surgery Amphia Breda, Department of Orthopaedics and Sports Medicine, Erasmus University Medical Center and Department of Public and Occupational Health, Amsterdam University Medical Centers supports with outsourcing of employees.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Prevalence (%) of golf-related injuries over a period of 5 months

Toelichting onderzoek

Achtergrond van het onderzoek

Background:
60 million golfers around the world play golf. Golf injuries are most frequently located in the spine, elbow, wrist, hand and shoulder.
Those injuries are often seen in golfers with more playing hours and suboptimal swing biomechanics, resulting in overuse injuries.
Golfers who do not perform a warm-up of who do not-warm-up appropriately are more likely to report an injury than those who do. There are several ways to warm-up. It is unclear, which warm-up is most useful for a golfer to perform. Moreover, there is currently no evidence for the effectiveness of a warm-up program for golf injury prevention. We previously have developed the Golf Related Injury Prevention Program (GRIPP) intervention using the Knowledge Transfer Scheme (KTS). In the current study, the effect of this intervention program on golf-related injuries is evaluated. The hypothesis is that the GRIPP intervention program will reduce the number of golf-related injuries.

Methods/design:
The GRIPP study is a two-armed randomized controlled trial. Twenty-eight golf clubs with 11 golfers per club will be randomly allocated to the intervention or control group. The intervention group will perform the GRIPP intervention program, and the control group will perform their warm-up as usual. The GRIPP intervention is conducted with the Knowledge Transfer Scheme framework, which uses five steps to develop the intervention. Three experts meetings and a pilot study were organized. The interventions consist of 6 exercises with a maximum total duration of 10 minutes. The primary outcome is the overall prevalence (%) of golf injuries measured with the Oslo Sports Trauma Research Center (OSTRC) questions on health problems every fortnight.

Relevance of the study:
Warm-up prevention programs are proven to be effective in reducing the risk of injuries in other types of sports, such as volleyball, handball and baseball. No prospective randomized trials have assessed the effect of a warm-up protocol previously for golfers on injury prevention.

Hypothesis:
The hypothesis is that the GRIPP intervention will reduce golf-related injury rates.

Doel van het onderzoek

The hypothesis is that the GRIPP intervention will reduce golf-related injury rates.

Onderzoeksopzet

T0: Baseline questionnaire
T2-T18: Two-weekly questionnaire

T20: End-questionnaire

Onderzoeksproduct en/of interventie

The intervention consist of 6 exercises with a maximum total duration of 10 minutes.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

• Participants are golfers with a handicap of ≤ 36
• Participants are ≥ 45 years of age
• Participants play/train at least nine holes once a week (and are willing to perform the GRIPP intervention at least twice a week)
• Participants understand the Dutch language

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

The criterium for exclusion is not having an individual email address.

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	22-05-2021
Aantal proefpersonen:	308
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies

Datum:	28-10-2021
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	NL9847
Ander register	METC AMC : W21-046#21.140

Resultaten