

Effect of an exercise program on the jump-landing technique in athletes.

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Has a coach supervised intervention program targeting jump-landing technique effect on the incidence of lower extremity injuries.

Ethische beoordeling	Niet van toepassing
Status	Werving tijdelijk gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON25237

Bron

Nationaal Trial Register

Aandoening

Lower extremity, Injuries, Jump-landing technique
onderste extremiteit, letsels, sprong-landing techniek

Ondersteuning

Primaire sponsor: - Vrije Universiteit Brussel, Dept. Human Physiology & Sports Medicine, Belgium

- EMGO Institute for Health and Care Research, Department of Public and Occupational Health. VU University Medical Center, Amsterdam, the Netherlands

Overige ondersteuning: Policy Research Center Sports, Youth and Culture (Belgium), 3001 Leuven

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Jump-landing technique. The jump-landings of all athletes will be recorded with a camera and

will be analysed on technique.

Toelichting onderzoek

Achtergrond van het onderzoek

With the relatively high rate of injuries to the lower extremity due to jump-landing movement patterns and the accompanied high costs, there is need for determining potential preventive programs. A program on the intervention of jump-landing technique is possibly an important preventative measure since it appeared to reduce the incidence of lower extremity injuries. In real life situations, amateur sports lack the infrastructure and funds to have a sports physician or therapist permanently supervising such a program. Therefore the current prevention program is designed so that it could be implemented by coaches alone.

The study is started in Belgium.

Doel van het onderzoek

Has a coach supervised intervention program targeting jump-landing technique effect on the incidence of lower extremity injuries.

Onderzoeksopzet

During the study period there are two fixed measurement, at baseline (T0) and after 3 months (T1). At T0 a questionnaire is completed by the athletes, and at both occasions (T0-T1) the athletes' jump landing technique is assessed. Additionally, exposure hours and lower extremity injuries are continuous registered through questionnaires during the entire 2010-2011 basketball season (6 months).

Onderzoeksproduct en/of interventie

Control group:

Normal training routine.

Intervention group:

Normal training routine and exercise programme based on systematic literature reviews. The programme lasts three months and involves exercises concerning jump-landing technique.

The intervention lasts three months, each month another accent:

1st month: Technique;

2nd month: Fundamentals;

3rd month: Performance.

All exercises in the current program are adjusted so that a more progressive development in the exercise is presented.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Athletes in national division and, 1st and 2nd regional basketball teams in Flanders, Belgium.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Athletes who do not master the Dutch language or have a current injury to the lower extremity at time of inclusion.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	01-08-2010
Aantal proefpersonen:	240
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

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	NL2290
NTR-old	NTR2560
Ander register	local ethical committee of the Free University Brussels : B.U.N. B14320071963
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

May 2011