Effects of a pretraining conditioning program for less fit Airmobile recruits

Gepubliceerd: 25-01-2018 Laatst bijgewerkt: 18-08-2022

A) Recruits in the intervention group show more improvement over time on mean endurance post intervention and halfway through the AMOL, than recruits in the control group. B) The chance of withdrawal from training for overuse injuries of recruits...

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

Samenvatting

ID

NL-OMON26461

Bron
NTR

Verkorte titel
PCP AMOL

Aandoening

Low pretraining cardiorespiratory fitness. Increased risk of overuse injuries.

Ondersteuning

Primaire sponsor: Academic Medical Center (AMC), Amsterdam
Overige ondersteuning: Dutch Ministry of Defense

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Cardiorespiratory fitness (2.7km run time)

Toelichting onderzoek

Achtergrond van het onderzoek

Research shows that there is strong evidence that poor performance on a set distance for run time is
a predictor for musculoskeletal injuries (MSI) in military and civilian athletic populations. Current
policy accepts recruits with slower run times to start the initial military training, leading to a high
attrition rate due to injuries. This has consequences for the demand for health care, and personnel
occupation of military units. This randomized controlled trial determines the effects of a pretraining
conditioning program for high injury risk Airmobile recruits on running endurance, injury incidences,
and withdrawal from training due to overuse injuries.

Doel van het onderzoek

A) Recruits in the intervention group show more improvement over time on mean endurance post
intervention and halfway through the AMOL, than recruits in the control group.

B) The chance of
withdrawal from training for overuse injuries of recruits in the intervention group is lower than the
chance of withdrawal from training for recruits in the control group.

Onderzoeksopzet

Primary: week 1 AMOL, post intervention, and mid-term of the AMOL.

Secondary: success rates and injury incidences of the total training time.

Onderzoeksproduct en/of interventie

Pretraining conditioning program, with a focus on running endurance. Besides that, strength, core stability, agility and general health are also intervened.

The control group undergoes the usual procedure.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Airmobile recruits

- 2.7 km run time equal or more than 00:12:23 in week 1 of the AMOL

- signed informed consent

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- if one on the inclusion criteria is not met

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd

Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	18-04-2018
Aantal proefpersonen:	37
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	25-01-2018
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	NL6791
NTR-old	NTR6977
Ander register	METC UMC Utrecht : 17-631

Resultaten

Samenvatting resultaten
N/A