IPPON trial

Gepubliceerd: 25-04-2019 Laatst bijgewerkt: 18-08-2022

The hypothesis is that the IPPON intervention will reduce the risk of judo injuries.

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

Samenvatting

ID

NL-OMON27826

Bron NTR

Verkorte titel IPPON

Aandoening

Musculoskeletal injuries

Ondersteuning

Primaire sponsor: N/A **Overige ondersteuning:** ZonMw (Dutch organisation for health research and healthcare innovation)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Injury prevalence over a period of 6 months

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale

Judo is the most practiced combat sport in the Netherlands. The reported injury incidence is 4.3 per 1000 practicing hours and the prevalence is 41% within three months. Recently, we systematically developed the Injury Prevention and Performance Optimisation (IPPON) intervention. It's effectiveness on injury reduction is yet unknown.

Objective

The primary aim is to evaluate the effectiveness of the IPPON intervention on the reduction of judo injury prevalence. The secondary aims are to evaluate the incidence and prevalence of substantial injuries, time-loss injuries, recurrence rates, performance parameters, judo trainer and athletes compliance and safety of the program.

Hypothesis The hypothesis is that the IPPON intervention will reduce the risk of judo injuries.

Study design Two-armed cluster Randomized controlled trial (RCT)

Study population

In order to be eligible to participate in this study, a subject must meet all of the following inclusion criteria:

- Participants are judo athletes
- Participants are \geq 12 years of age

• Participants are willing to perform an exercise warm-up prevention programme at least twice per week

• Participants understand the Dutch language

Intervention

The intervention group will be instructed to use the trainer-supervised IPPON intervention at least 2 times a week. The control group will be instructed to continue their usual warm-up. The intervention includes 12 exercises. The exercises are classified in three categories, namely 1) flexibility and agility, 2) balance and coordination and 3) strength and stability. Exercises focus on the prevention of shoulder-, knee and ankle injuries. The warm-up has a total duration of 10 till 15 minutes.

Main study parameters/endpoints

Primary outcome is the overall injury prevalence (%) over a 6-months period, measured at two-weekly intervals with a modified translated version of the Oslo Sport- and Trauma Research Centre (OSTRC) questionnaire and exposure and compliance questions. Secondary outcomes include injury incidence, incidence and prevalence by anatomical location, time-loss (time to return to play), acute and overuse injury recurrence rates (<2 months after return to play), trainer and athletes compliance and adverse events. Estimates for the primary outcome and associated 95% confidence intervals will be obtained using generalized

estimating equation models.

Statistical analysis

We will use descriptive statistics to present the baseline characteristics, the results of the OSTRC survey, self-reported time loss and compliance. We compare the intervention and control groups' baseline characteristics using unpaired t-tests, Mann-Whitney-U and Fisher exact tests as appropriate. A $p \le 0.05$ was considered statistically significant for all analyses. For the primary outcome, period injury prevalence rates will be calculated as the number of participants reporting an injury / total number returned questionnaires per injury survey instance.

Nature and extent of the burden and risks associated with participation, benefit and group relatedness

The presented exercises are commonly used in sports, but they are not systematically used as part of the warm up of the judo training. We know that these exercises have hardly any risk. Participants have to fill in questionnaires every fortnight which takes a few minutes of their time.

Doel van het onderzoek

The hypothesis is that the IPPON intervention will reduce the risk of judo injuries.

Onderzoeksopzet

Start intervention: september 2019

Onderzoeksproduct en/of interventie

The IPPON intervention. The exercises of the IPPON intervention are classified in three categories, namely 1) balance and coordination and 2) flexibility and agility and 3) power and stability. All exercises are focussed on the prevention of shoulder-, knee and ankle injuries. The warming-up has a total duration of 10 till 15 minutes.

Contactpersonen

Publiek

Amsterdam UMC location AMC, department of Orthopedic surgery Amber von Gerhardt

0205662474

Wetenschappelijk

Amsterdam UMC location AMC, department of Orthopedic surgery Amber von Gerhardt

0205662474

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Participants are judo athletes
- Participants are \geq 12 years of age
- Participants are willing to perform an exercise warm-up prevention programme at least twice per week
- Participants understand the Dutch language

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

None

Onderzoeksopzet

Opzet

Type:IntervOnderzoeksmodel:ParallToewijzing:GerarBlindering:OpenControle:Gene

Deelname

Nederland Status: Interventie onderzoek Parallel Gerandomiseerd Open / niet geblindeerd Geneesmiddel

Werving gestopt

(Verwachte) startdatum:	01-09-2019
Aantal proefpersonen:	300
Туре:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Toelichting N/A

Ethische beoordeling

Positief advies	
Datum:	25-04-2019
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	NL7698
Ander register	METC AMC : METC19.097 [WMO W19_071]

Resultaten