

A comprehensive warm-up programme to prevent injuries in female youth football

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
05/05/2008	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
12/05/2008	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
11/12/2008	Injury, Occupational Diseases, Poisoning	

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

A comprehensive warm-up programme to prevent injuries in female youth football: a cluster randomised controlled trial

Study objectives

The risk of injury is high in female football. The most common injuries occur in the lower extremities, to the foot, ankle, knee, thigh and groin. The most common injury types are strains, sprains and contusions. Female football players have a higher risk of severe injuries, such as ligament sprains in the knee, compared to male players.

The main objective of the study was to examine the effect of "The 11+", a comprehensive warm-up programme designed to reduce the risk of injuries in female youth football.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from The National Committees for Research Ethics on the 3rd March 2007 (ref: S-06060).

Study design

A multi-centre cluster randomised controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Injuries to the lower extremities due to football

Interventions

This is a multi-centre cluster randomised controlled trial, where clubs were used as cluster unit and the injury recorders were blinded to the participants group allocation.

The intervention was a comprehensive warm-up programme over 20 minutes, which was to be carried out in all training sessions and matches throughout the study period (season of 2007). The programme consisted of running exercises combined with strength, balance and jumping exercises.

The players in the control group warmed up and trained as usual.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Injuries to the lower extremity, measured (registered) prospectively throughout the data collection period (the football season of 2007 in Norway). The coaches registered injuries on registration forms sent in on a weekly basis.

Key secondary outcome(s)

Any injury, or an injury to the ankle, knee, or other body parts, measured (registered) prospectively throughout the data collection period (the football season of 2007 in Norway). The coaches registered injuries on registration forms sent in on a weekly basis.

Completion date

21/10/2007

Eligibility

Key inclusion criteria

1. Healthy girls 15 and 16 years of age
2. Playing for clubs from the south, east and middle of Norway
3. Organised by the regional districts of the Norwegian Football Association
4. Clubs had to carry out at least two training sessions per week, in addition to match play

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

15 years

Upper age limit

16 years

Sex

Female

Key exclusion criteria

There were no exclusion criteria.

Date of first enrolment

15/01/2007

Date of final enrolment

21/10/2007

Locations

Countries of recruitment

Norway

Study participating centre

Oslo Sports Trauma Research Center

Oslo

Norway

0806

Sponsor information

Organisation

Oslo Sports Trauma Research Center (Norway)

ROR

<https://ror.org/018ct3570>

Funder(s)

Funder type

Research organisation

Funder Name

Oslo Sports Trauma Research Center (Norway)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results:	09/12/2008		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes