

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

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 12/05/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 11/12/2008	<b>Condition category</b> Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

**Study website**  
<http://www.ostrc.no/en/Project/144---Spilleklar/>

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Mr Torbjørn Soligard

**Contact details**  
Oslo Sports Trauma Research Center  
Norwegian School of Sport Sciences  
P.O. Box 4014  
Ullevaal Stadion  
Oslo  
Norway  
0806

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Prevention

### Participant information sheet

### 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 measure**

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.

### **Secondary outcome measures**

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.

### **Overall study start date**

15/01/2007

### **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

### **Age group**

Child

### **Lower age limit**

15 Years

### **Upper age limit**

16 Years

### **Sex**

Female

**Target number of participants**

2500

**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)

**Sponsor details**

Norwegian School of Sport Sciences

P.O. Box 4014

Ullevaal Stadion

Oslo

Norway

0806

+47 23 26 23 67

ostrc@nih.no

**Sponsor type**

Research organisation

**Website**

<http://www.ostrc.no>

ROR

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

## Funder(s)

### Funder type

Research organisation

### Funder Name

Oslo Sports Trauma Research Center (Norway)

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### 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?
<a href="#">Results article</a>	results:	09/12/2008		Yes	No