

# Prevention of floorball injuries in female players: a randomized controlled trial

**Submission date**  
10/08/2007

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
12/09/2007

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
23/07/2009

**Condition category**  
Injury, Occupational Diseases, Poisoning

☐ Individual participant data

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

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Ms Kati Pasanen

**Contact details**  
The UKK Institute  
PO Box 30  
Tampere  
Finland  
FIN-33501  
kati.pasanen@uta.fi

## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**

**Acronym**

LiVE (Liikuntavammojen Valtakunnallinen Ehkäisyohjelma [The National Sports Injury Prevention Programme])

### **Study objectives**

Floorball is a sport that often results in injuries, the knee and ankle being the most common injured sites. Our hypotheses are that we can reduce incidence of traumatic non-contact ankle and knee ligament injuries by 50% by using specific neuromuscular training program.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approved by the Ethics Committee of Pirkanmaa Hospital District on the 4th May 2004 (ref [ETL-code]: R04072)

### **Study design**

Randomised controlled trial.

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

### **Health condition(s) or problem(s) studied**

Prevention of injuries

### **Interventions**

This study was carried out during the competition season 2005-2006. Teams were the units of randomisation. Teams were randomly assigned to two groups (stratified randomisation): intervention group (14 teams) and control group (14 teams).

The intervention group participated in the injury prevention programme. The programme included neuromuscular warm-up exercises (e.g. running technique, balance board, plyometric and motor control training). The intervention group performed neuromuscular warm-up exercises before floorball training (1-3 times per week, 20-30 min at a time).

The control group kept on training as before.

The follow-up period was 6 months (from September to February). Players of both groups went through the tests of balance, agility and power before and after follow-up period. The practice and game hours of floorball were recorded on an exercise diary. All injuries were registered with a structured questionnaire and verified by a physician.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Incidence of non-contact knee and ankle ligament injuries that occurred during floorball

**Key secondary outcome(s)**

1. Incidence of other traumatic and overuse injuries that occurred during floorball
2. Players test scores on balance, agility and power before and after the follow-up period

**Completion date**

28/02/2006

## **Eligibility**

**Key inclusion criteria**

Participants were recruited from 28 Finnish floorball teams from Elite league, First division and Second division. All active (licenced) female floorball players from participating teams were eligible. Final participation was based on the informed consent of each player.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Female

**Key exclusion criteria**

Does not match inclusion criteria

**Date of first enrolment**

01/04/2005

**Date of final enrolment**

28/02/2006

## **Locations**

**Countries of recruitment**

Finland

**Study participating centre**

**The UKK Institute**

Tampere

Finland

FIN-33501

# Sponsor information

## Organisation

The Urho Kaleva Kekkonen (UKK) Institute for Health Promotion Research (Finland)

## ROR

<https://ror.org/05ydecq02>

# Funder(s)

## Funder type

Government

## Funder Name

The Finnish Ministry of Education (Finland)

## Funder Name

The Medical Research Fund of Tampere University Hospital (Finland)

# 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?
<a href="#">Results article</a>	results	01/12/2008		Yes	No
<a href="#">Results article</a>	results	01/12/2009		Yes	No