

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

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Prevention

Participant information sheet

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 measure

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

Secondary outcome measures

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

Overall study start date

01/04/2005

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

Age group

Adult

Sex

Female

Target number of participants

457

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)

Sponsor details

PO Box 30

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Sponsor type

Research organisation

Website

<http://www.ukkinstituutti.fi/en>

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

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?
Results article	results	01/12/2008		Yes	No
Results article	results	01/12/2009		Yes	No