ISRCTN26550281 https://doi.org/10.1186/ISRCTN26550281

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

Submission date	Recruitment status
10/08/2007	No longer recruiting
Registration date	**Overall study status**
12/09/2007	Completed
Last Edited	**Condition category**
23/07/2009	Injury, Occupational Diseases, Poisoning

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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

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)

Primary study design
Interventional

Study design
Randomised controlled trial.

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