

Een warming-up programma voor jeugd hockey spelers ter voorkoming van blessures

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The overall aim of the proposed project is to evaluate the effectiveness of a hockey warming-up program. We specifically aim to answer the following research questions: 1. What is the effectiveness of the hockey warming-up program on hockey...

Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON29545

Bron

Nationaal Trial Register

Aandoening

field hockey, injuries, youth, prevention, child, adolescent

Ondersteuning

Primaire sponsor: VU University Medical Center Amsterdam

Overige ondersteuning: CAPES (Coordenação de Aperfeiçoamento de Pessoal de Nível Superior, Brasil)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

injury incidence and injury severity

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Toelichting onderzoek

Achtergrond van het onderzoek

The costs associated with sports injury pose a large burden on public health. Moreover, the negative associations with sports injury in youth can make a child lose enthusiasm for participation in physical activity and sports.

Field hockey is ranked among the most popular sports in the Netherlands, but it is also relatively risky. The Dutch Consumer Safety Institute (VeiligheidNL) calculated that the incidence of hockey injuries is 4.1 per 1000 hours of hockey.

The overall aims of the proposed study is to evaluate the effectiveness of a hockey warming-up program on the incidence and severity of hockey related injury incidence in players aged 10 – 17 years, and investigate the facilitators and barriers for the national implementation of the program in the Netherlands.

Doel van het onderzoek

The overall aim of the proposed project is to evaluate the effectiveness of a hockey warming-up program. We specifically aim to answer the following research questions:

1. What is the effectiveness of the hockey warming-up program on hockey related injury incidence in children aged 10 – 17 years?
2. What is the effectiveness of the hockey warming-up program on the severity of hockey related injuries in children aged 10-17 years?
3. What are facilitators and barriers for the national implementation of the program in the Netherlands? (process evaluation)

Onderzoeksopzet

- Baseline questionnaire
- weekly registration of participation in hockey training and matches of all players throughout the season
- in case of a hockey related injury in a player, details of the injury will be registered

Onderzoeksproduct en/of interventie

Goal

The main goal of the intervention is to provide the coach and players with a good and standard warming-up program in order to reduce the

number of hockey related injuries.

Content of the warming-up program

The warming-up program was developed by the KNHB and VeiligheidNL in cooperation with Interpolis (Dutch Insurance company) and child- and sports physiotherapists. The exercises are

available via <http://hockey.warmingupapp.nl/oefeningen>.

Coaches can also install the exercises on their smartphone.

Motor skills are rapidly changing in a growing child; An eight year old child (E youth) has other needs and skills compared to an adolescent of

16 (A youth). Therefore four categories of exercises were developed. Each warming-up session is designed to follow-up on the previous

warming-up session. A single warming-up session comprises of three phases, with the last phase being a game situation to make sure that players are well prepared for the coming training or match.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Participants in this study will be players from youth field hockey teams A to E, meaning that participants are aged 10-17 years.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

None specified

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2016
Aantal proefpersonen:	336
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing

Soort: Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL5856
NTR-old	NTR6035
Ander register	: VUmc 2016.386

Resultaten