Background Sport specialization can impact physical and mental aspects of the individual athlete.

Objective To evaluate the relationship between sports participation history, success, health status, and injury.

Design Recall Survey.

Setting Major League Baseball Team.

Patients (or Participants) 107 Major League Baseball Players.

Interventions (or Assessment of Risk Factors) A posteriori assessment of years of single sport participation, overall participation in sport, current age.

Main Outcome Measurements Determination of the impact of duration of sports participation and specialization on injury, adjusting for age.

Results 75% of the athletes reported playing at least one other sport competitively; primarily basketball. The average years playing baseball was (19) and the average years specializing in baseball was (9). 80% reported being born and raised in the U.S. 12% reported that their mother played high-level sports while 37% reported that their father played high-level sports with 63% of those playing baseball. 7 injuries that prohibited participation for at least 12 weeks were reported. The greatest proportion of active athletes who were injured occurred at 16% (age 24). A Cox model with a time varying covariate representing specialization, adjusted for the age athletes started baseball, showed no significant relationship between specialization and injury. The time scale used in the model was years since an athlete started baseball. On average specialization had a substantial impact on their elite success was 7 on a scale of 0 (No impact) to 10 (Extreme Impact). Compared to non-elite athletes respondents indicated that on average their physical, emotional health, and general well being was better.

Conclusions Elite athletes perceive that specialization is important to playing at a high level. They are physically, emotionally healthier and have a greater well being that non-athletes their age. A time to event modeling to determine the impact of duration of sports participation and specialization on injury, adjusting for the age players started baseball did not demonstrate a significant relationship between specialization and injury.

Patients (or Participants) Individuals over 18 years of age who were registered with US Youth Soccer as a volunteer coach received the survey. The exact number of email invitations to participate opened was unattainable.

Interventions (or Assessment of Risk Factors) A 51 question survey was used to determine knowledge regarding NCACL injuries. Survey questions were constructed from a literature review and expert experience.

Main Outcome Measurements The main outcome measure is the percentage of correct answers on the survey with a score of 75% deemed knowledgeable.

Results Three hundred and fifty-six (356) surveys were accessed from the email invitation with 330 suitable for data analysis. Participants scored an average of 18 questions incorrect for a total knowledge score of 63.98%, below the required 75%. Additionally, scores for males (n=277, score = 63.83%) and females (n=53, score = 64.70) did not differ significantly as analyzed by t-test with a p=0.47.

Conclusions US Youth Soccer coaches do not possess adequate knowledge of NC-ACL injuries and implementation of prevention strategies. Further analysis may elicit significance between scores specific to experience, length of time coaching and previous injury prevention program education. Coaches and their players would benefit from mandatory standardized education and strategies for implementation into lesson plans and practice.
Results A total of 399 practice or game sessions were observed over 2 sport seasons (62% in intervention schools). A greater proportion of coaches in the intervention group provided alignment cues to correct improper technique compared to coaches in the control group [difference = 0.04 (95% CI: 0.01, 0.07, p = 0.006]. There was a similar proportion of coaches in the intervention and control groups who provided exercise instructions [difference = 0.01 (95% CI: -0.02, 0.04), p = 0.44].

Conclusions One barrier to adoption of injury prevention programs may be the coach’s lack of knowledge on how to implement a warm-up routine that is effective at reducing ACL injuries. A coach education workshop may lead to actual behavior change in practice.

Background Despite the importance of sports injury prevention in youth, no broad scale approaches that work in real-life situations with significant positive effects exist. Main reasons for this are poor uptake and maintenance of current sports injury prevention exercises.

Objective In order to improve uptake of sports injury prevention routines, this project set out to: 1. identify the specifics of current injury prevention programs within 6 European countries, and 2: to establish wishes and needs regarding injury prevention of the end-users (sport coaches, physical educators and youth) within 6 European countries.

Design Semi-structured interviews and focus group sessions.

Setting Youth sports teams and physical education (PE) classes.

Patients (or Participants) Interviews and focus group sessions were performed within 6 participating countries (Belgium, Denmark, Lithuania, Romania, The Netherlands, United Kingdom). National stakeholders were interviewed to identify injury prevention programs. The program owners of the identified programs were then individually interviewed. The focus group sessions were organized with youth basketball and soccer players and PE pupils. Separate focus group sessions were organized for basketball/soccer coaches and physical educators.

Interventions (or Assessment of Risk Factors) This qualitative study provided input for the development of a freely available ICT based platform with video material of routines designed to prevent sports injuries in youth.

Main Outcome Measurements Overview of country specific results of interviews and focus groups.

Results This study will describe the current availability of national injury prevention programs within 6 European countries. The results of the focus group sessions will establish the differences in beliefs regarding injury prevention in 6 European countries regarding injury prevention.

Conclusions In the coming year, the Move Healthy project will use the qualitative results of this study to develop a freely available ICT based platform with video material of routines developed to prevent sports injuries in youth.