Participants 510 elite- and sub-elite indoor sport athletes with at least one previous LAS injury within the preceding 24 months were enrolled; 480 completed the trial.

Intervention Spraino®; a low-friction patch applied to the lateral side of the shoe.

Main Outcome Measurements The trial was explorative with evenly-valued outcome measures related to incidence and severity of self-reported LAS injuries, pain in the ankle, fear of injury and intervention-related adverse events.

Results A total of 151 LAS injuries were reported within the trial period, of which 96 were categorized as non-contact injuries. A total of 50 injuries were severe. All metrics favoured Spraino® with computed incidence rate ratios of 0.87 (95% CI, 0.62–1.23) for any LAS injury, 0.64 (95% CI, 0.42–0.97) for non-contact LAS injuries, and 0.41 (95% CI, 0.19–0.89) for severe non-contact LAS injuries. The relative time-loss for the total number of injuries was 0.65 (95% CI, 0.45–0.93). Fear-of-injury and ankle pain was also lower in the Spraino® group. Six participants reported minor harms due to slipping on the floor because of Spraino®.

Conclusions Spraino® was found to be effective and safe when used to prevent LAS injuries in indoor sports. Findings should be replicated in a confirmatory RCT.

Trial registration ClinicalTrials.gov: NCT03311490
Funding Innovation Fund Denmark (7038-00087A)

Background Floorball is a popular sport among Scandinavian youth. However, insufficient data hinders the development of focused injury prevention strategies in floorball.

Objective Describe the motivations for floorball participation and Health problems in Swedish youth players at the start of a season.

Setting Swedish youth floorball.

Patients (or Participants) 471 (140 female, 331 male) players.

Main Outcome Measurements Floorball participation, injury prevention/risk perceptions, health problems

Results Female and male players were on average 13.7 (±1.5) and 13.3 (±1.0) years old, and had played floorball for 4.9 (±2.3) years. Most (51% female vs 55% male) players trained/played floorball 3 times/week; a majority (69% female vs 76% of male) thought their training volume was higher. Fractures (84% female, 90% male) and eye injuries (90% female, 83% male) were perceived to be most severe. 93% believed sports injuries could be prevented, however, 74% thought they would not get injured. 85% (88% male vs 78% female) of the players always used protective eyewear.

Females felt more stress (median=4, IQR 2–6) than males (median=2, IQR 0–4, P=0.000), but reported better well-being (female median=3, IQR 1–5) vs (male median=2, IQR 0–3, P=0.000). No difference in sleep between females (median=3, IQR 1–5) and males, (median=3, IQR 0–3, n. s.) was observed. 33% (38% female vs 30% male) youth players were unable to fully participate in floorball due to health problems at the start of the season, and 65% of these were injuries. 28% (32% female vs 26% male) reported pain.

Conclusions This study provides insight into youth players’ health status leading into the season; one in three reported a health problem and if these are untreated, there is a potential for more severe and long-term adverse health consequences. Safe sports programmes should be a priority.