

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of injury prevention program among varsity netballers: a randomised controlled trial

Protocol summary

Summary

The netball players were randomly assigned into two different groups i.e the control group (CG, n= 20) and intervention group (IG, n= 26). Participants in CG were followed the usual practice session, while participants in IG were instructed to perform "Down to Earth" (D2E) program during the practice session. The lower extremity injury data collection were collected after completion of 6 weeks intervention program. Players been follow up weekly by phone or email by the respective coaches. Those injured players were examined by medical officers. We expected the injury incidence rate (based on per1000hour exposure of participations) will be lower in the intervention group. Most of the lower extremity injuries mainly seen in the ankle followed by knee. There will be an association of injury rate with the participant's profile and their characteristic.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013111815435N1**

Registration date: **2013-12-26, 1392/10/05**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-12-26, 1392/10/05

Registrant information

Name

khairullina khalid

Name of organization / entity

unit of sports medicine,faculty of medicine

Country

Malaysia

Phone

+60 (0)3 7967 4968

Email address

drlina@siswa.um.edu.my

Recruitment status

Recruitment complete

Funding source

University Malaya, Kuala Lumpur

Expected recruitment start date

2012-03-22, 1391/01/03

Expected recruitment end date

2014-02-05, 1392/11/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of injury prevention program among varsity netballers: a randomised controlled trial

Public title

Effect of Warm Up Program in Varsity Netball Players

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria 1.Registered female varsity netball player; 2.Age from 18 years old till 35 years old; 3.Able to understand study protocol and informed consent. Exclusion criteria 1.History of lower extremity injury 6 months prior to the study; 2.Male; 3.Unable to fulfill follow up schedule of the study protocol

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 46

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The investigators were not involved in any interventions and were blinded to the group allocation. Physicians evaluating the effect of the treatments were also blind to allocation of treatments.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Medical Ethics Committee, University Malaya Medical Centre

Street address

Lembah Pantai, 59100 Kuala Lumpur

City

Wilayah Persekutuan

Postal code

59100

Approval date

2012-03-21, 1391/01/02

Ethics committee reference number

907.23

Health conditions studied

1

Description of health condition studied

Musculoskeletal - lower extremity injury

ICD-10 code

M60-M79

ICD-10 code description

Soft tissue disorder

Primary outcomes

1

Description

number of injury

Timepoint

baseline , post intervention at 6-8 weeks

Method of measurement

Per 1000 hour exposure of participations

Secondary outcomes

1

Description

Timepoint

Method of measurement

Intervention groups

1

Description

For control group (CG), there was no intervention done. Participants were follow their usual practice or routine of training sessions.

Category

Prevention

2

Description

For intervention group (IG), participants were instructed to follow the " Down to Earth " (D2E) program, adapted from School of Human Movement and Sport Sciences, University of Ballarat, Australia. D2E includes progression of exercises over six weeks period with specific sets and repetitions, mainly focusing on the safe and effective landing technique. D2E contains two major part which is coach-directed training and home-based training.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Sports Centre

Full name of responsible person

PKS

Street address

University of Malaya

City

Wilayah Persekutuan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Netball Excellent Centre, Sports Centre, University Malaya

Full name of responsible person

PKS

Street address
Sports Centre, University Malaya

City
Wilayah Persekutuan

Grant name

Grant code / Reference number
UM V/751/42(PKS)

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Netball Excellent Centre, Sports Centre, University Malaya

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
Unit of Sports Medicine

Full name of responsible person
Dr Zulkarnain Jaafar

Position
Senior Lecturer of Sports Medicine

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Sports Medicine

Full name of responsible person
Dr Khairullina Khalid

Position

Medical officer

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Person responsible for updating data

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Medical Officer

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

