Sports injury prevention: Mission Possible!

Hilde Moseby Berge,1,2 Ben Clarsen1,3

‘Mission completed’ could be the headline for Myklebust et al who tell the story of how the incidence of ACL injury among female handball players in Norway has been kept low, 10 years after the publication of their successful intervention study.1

The second step in the sequence of injury prevention is to determine the causes of injury by analysing risk factors and injury mechanisms. Visnes et al report an interesting risk factor for development of jumper’s knee; namely jumping ability! Meanwhile, our terrific cover image by computer animation specialist Oliver Faul highlights the techniques used by OSTRC researchers to determine injury mechanisms based on video analysis.4 These attractive animations are really helpful, but the editorial by Kristianslund et al reminds us to ‘proceed with caution’ when interpreting the results of biomechanics studies.

The third step in the sequence of prevention is to develop prevention strategies, and the fourth is to implement them and measure their efficacy. On this note, Bjørneboe et al demonstrate the effect of stricter rule enforcement on the number of injury situations in Norwegian professional football. This shows how referees may be important in reducing injury risk in the future, but only if they maintain the same strategy after the researchers have packed up and left. Therefore, the final steps of systematic prevention research involve investigating the implementation context.3 In this issue we have two papers representing the forefront of this field: Steffen et al investigate whether different methods of delivering the FIFA 11+ programme affect team compliance and injury risk in youth football, while in their insightful editorial Donaldson and Finch ‘drive’ home an important message; the principles of implementation science should be applied to sports injury prevention in order to understand what does and does not work in the real world.

**IMPORTANT STEPS FOR WOMEN AND CHILDREN**

The relationship between physical activity and health is another key research area in Norway. In his editorial, Professor Sigmund Andersen draws attention to the challenge of fighting childhood obesity and to a school-based RCT published in *BJSM* aimed at increasing physical activity among pupils.5 School-based interventions are promising, which is good news given the uncertainty of the effectiveness of primary-care referrals to promote physical activity, highlighted in the ‘from the BMJ’ article by Pavey et al. Meanwhile, Gjestland et al provide encouraging evidence of the value of exercise during pregnancy, even if the current exercise recommendations are far from followed.

Finally, Moksnes et al report the results of a 6-year cohort study of ACL-injured children. Their findings may have substantial implications on clinical practice in this field, something we have almost come to expect from the prolific group at the Norwegian Research Center for Active Rehabilitation (http://www.nar.no). You can look forward to several new articles in *BJSM* from members of NAR, as well as a podcast, in the near future.

---

1Oslo Sports Trauma Research Center, The Norwegian School of Sport Sciences, Oslo, Norway; 2The Norwegian Association of Sports Medicine and Physical Activity (NIMF); 3The Norwegian Sports Physiotherapy Association (FFI)

**Correspondence to** Dr Hilde Moseby Berge or Ben Clarsen, Oslo Sports Trauma Research Center, The Norwegian School of Sport Sciences, Sognsvann 220, PO Box 4014-Ullevaal Stadion, Oslo 0806, Norway; hilde.moseby.berge@nih.no or ben.clarsen@nih.no

---

---

Figure 1 A systematic approach to sports injury prevention. The original four-step model was described by van Mechelen et al in 1992,4 and later expanded by Finch.3
'OUTROSPECTIVE'

Looking over the ‘Norwegian’ articles in this edition, it is worth noting that almost a third of the authors are not from Norway. This highlights the strong commitment to international collaboration, as well as the increasingly diverse cultural mix within our milieu. Every day we (1 Norwegian and 1 Australian) sit alongside researchers from all corners of the globe, and it seems that at all times some of our colleagues are on international exchange. This bodes well for the mission of sports and exercise medicine research in Norway!

We hope you enjoy this edition of BJSM and welcome suggestion from both inside and outside Norway as to making the 2014 issue even more relevant for you!

Competing interests None.

Provenance and peer review Not commissioned; internally peer reviewed.


Accepted 22 March 2013


doi:10.1136/bjsports-2013-092457

REFERENCES


Sports injury prevention: Mission Possible!
Hilde Moseby Berge and Ben Clarsen

Br J Sports Med 2013 47: 467-468
doi: 10.1136/bjsports-2013-092457

Updated information and services can be found at:
http://bjsm.bmj.com/content/47/8/467.full.html

These include:

References
This article cites 4 articles
http://bjsm.bmj.com/content/47/8/467.full.html#ref-list-1

Email alerting service
Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

Notes

To request permissions go to:
http://group.bmj.com/group/rights-licensing/permissions

To order reprints go to:
http://journals.bmj.com/cgi/reprintform

To subscribe to BMJ go to:
http://group.bmj.com/subscribe/