



Bridging the gaps in injury prevention, insights from Luxembourg's sports stakeholders : A qualitative research analysis

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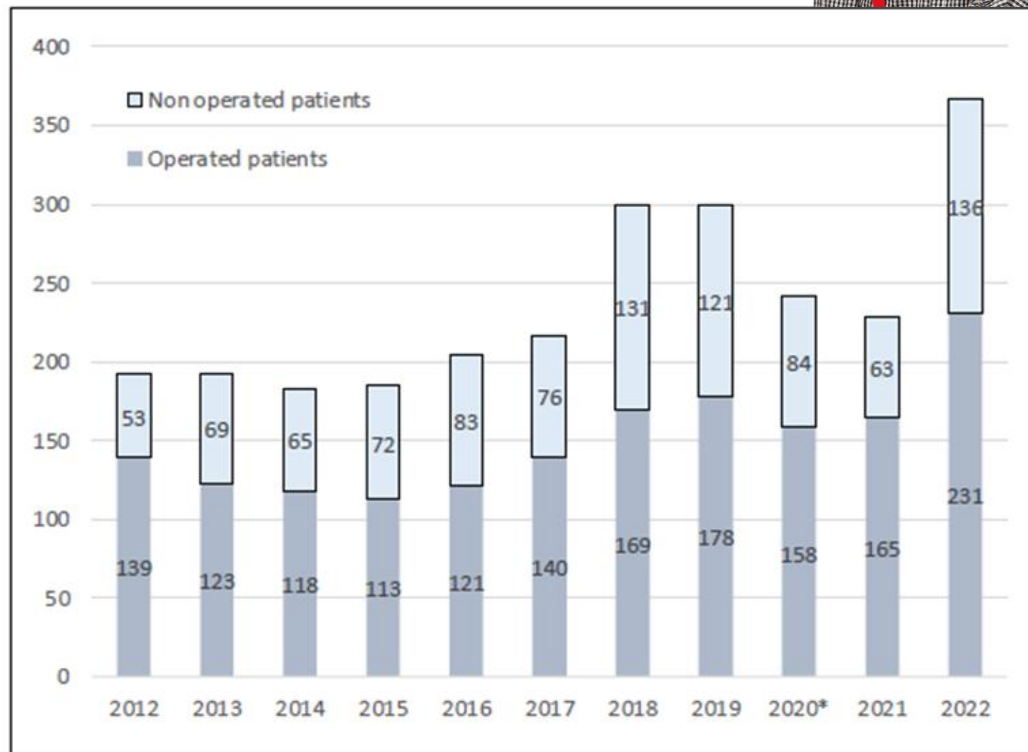


How healthy active project started ?

ACL-Injuries per year
Sports Clinic Luxembourg



High rate of injury that increase !!



Dr. Christian
Nührenbörger



Prof. Dr. Romain
Seil

We have to continue our efforts to enhance
safe and **long-term** sport participation ...

Injury prevention works...

(Lauersen et al., 2018; Sadigursky et al., 2017; E. A. L. M. Verhagen, 2005)



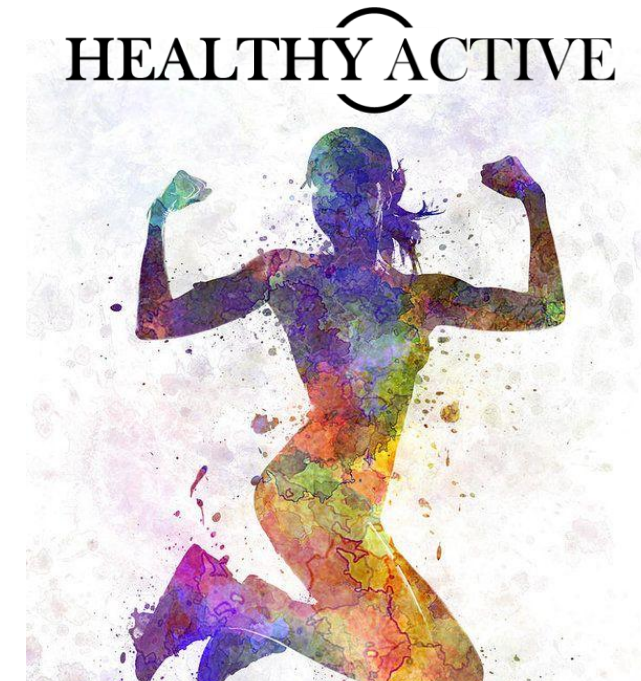
...but
implementation is
still a challenge

(Donaldson et al., 2017)



Advice from other countries to **HEALTHY ACTIVE** project

Nederlands. Prof. Evert Verhagen



Norway – GET SET application

Closing the gap on injury prevention:
the Oslo Sports Trauma Research Centre
four-platform model for translating
research into practice BJSM 2021
Hege Heiestad , Grethe Myklebust, Kaja Funnemark,
Christine Holm Moseid



How to prevent injury in Luxembourg ?

Methodology : The context in Luxembourg ?



12 semi-structured interviews (45 mins each)

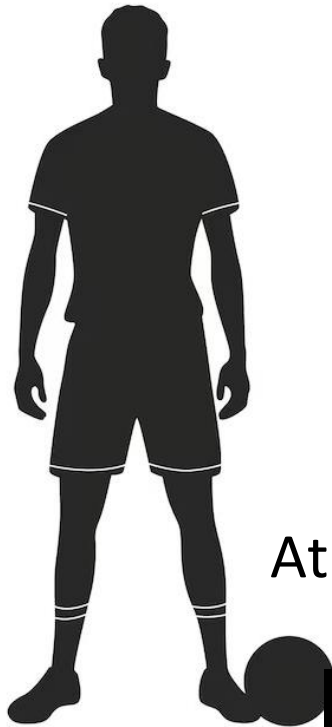
4 women and 8 men

3 athletes, 3 coaches, 3 healthcare professionals,
3 sports organization representative

→ Classified by main role, but many wore multiple hats



Injury and pain perception



*“Someone who can't train 100% for me is already injured, he has a problem.”
(David, coach)*



Injuries = inability to train fully

Pain ≠ always considered an injury

Athletes view pain as normal and develop coping strategies

“...the pain, I say that pain comes with the job, it's part of my day. I have to look at how to live with the pain.” (Milo, high level athlete)

→ “Normal” pain variable according to the level and the individual

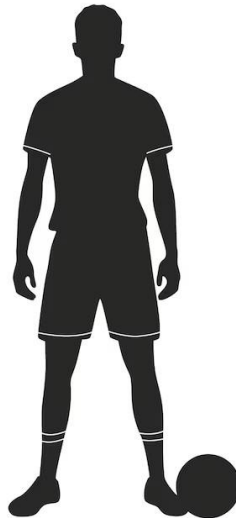


Perception of prevention

Coaches & health pros
link prevention to performance



Athletes follow prevention advice but **doubt** its immediate benefit



*What is prevention? **It's negative** [...] Inherent in the term prevention is fear. What are we preventing? An accident. Death. We warn you that you'll be in pain or careful there!*
(Pierre, sports organisation representative)

Organisation & health pros

- “prevention” is too injury-focused
- prefer a broader health perspective

Prevention tied to performance
= more motivation



Barriers to prevention

Time constraints



limited resources

“We need to hire qualified person, but we also have to think about a balance between competence and time. We can be very efficient and competent as a coach. If we don't have the time, it's useless.” (Robert, sport organization representative)

Poor communication between stakeholders between structures

*[in some context] there is no coordination, no cross-functionality between the different services. There is a need to **bring people to the table** and open up, to say, what are we going to do? What is this problem? How are we going to solve this problem, and it is multifactorial. (Pierre, sports organization representative)*

lack of enjoyment

Fatigue



disconnected from sport-specific needs

Facilitators of Prevention

Start Young

Enjoyable and integrated routines

*If young people **start prevention in primary schools**, they will always involve it in their routine. (Mika, physiotherapist)*

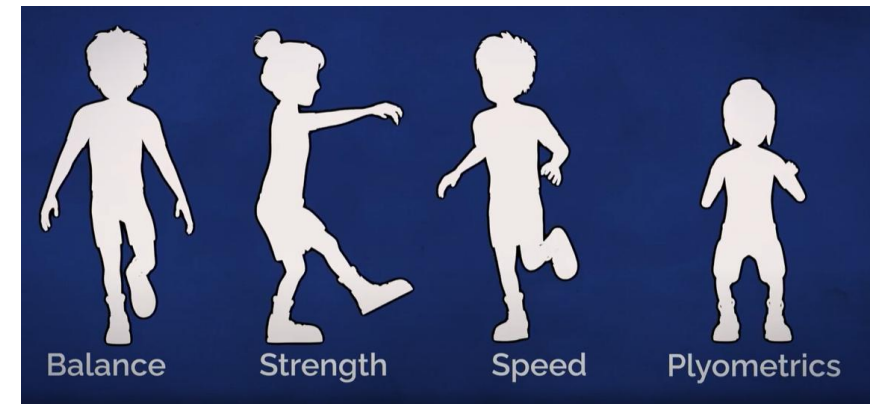
*Young people already learn at the age of 12-13 the proper exercises [...]. These are **exercises [...] that stay in their head**. And like that, even after the age of 50, when they go running, maybe, **they will remember** that they still have to do something other than just running. (Amelie, physician)*



Teeth health



Body health



ESSKA – ESMA ACL prevention for All – Free available on youtube

Recommandation

Design performance-oriented prevention programs



ESSKA – ESMA ACL prevention for All – Free available on youtube



Use and develop existing application :
LTAD – Lëtzebuerg lieft Sport



Encourage interprofessional and interstructural communication



Co-create routines with athletes to boost engagement

Healthy Active - Vision

In cooperation with :



HEALTHY ACTIVE





Supported by:



 **Today** : current status

 5 years: Implementation + Evaluation

 10 years: Adoption by the sports world,
↓ Serious injuries

 15–25 years: Widespread strategies,
↓ Long-term effects & costs



Thank you for your
attention



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