

Sports and Exercise Safety in Finland: LiVE - an Implementation Program to Sport Clubs and Schools

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INTRODUCTION

Today sports injuries are the most common injury type in Finland. Especially children and youth are at high risk.

DEVELOPMENT

The aim of the program is to increase safety of sports and exercise in a nationwide setting by applying research evidence and expert knowledge into the practice.

LiVE research projects focus on sports injury epidemiology, mechanisms and prevention. Results are spread to the field by two implementation programs:

- Healthy Athlete (TU 2006–)
- Safety in School Sports (TEKO 2010–)

The frameworks of TU and TEKO are presented in Figure 1 and 2.



Figure 1. The Ten-point-circle (TU)



Figure 2. The Element-wall (TEKO)

LiVE programs main communication channels are websites:

- www.terveurheilija.fi • www.tervekoululainen.fi

The LiVE program has educated over 80 LiVE-tutors. The 1-year education is directed for coaches, trainers, physical therapists, PE teachers and PE instructors.

Two large RCTs of sports injury prevention and numerous original studies of sports injury epidemiology have been published. Results have been spread to the field by education and communication. The LiVE program has co-operated with nine sports associations (e.g. Finnish Gymnastic Federation and Finnish Ice Hockey Association) and numerous other partners (e.g. The Association of Physical and Health Educators in Finland).

CONCLUSION

Implementation of preventive strategies against sports injuries will result in a reduction of the number of health problems and work or school absenteeism, as well as a clear decrease in the medical costs. The effects of the LiVE programme will be seen within five to ten years.

FUNDING

The Finnish Ministry of Social Affairs and Health
The Finnish Ministry of Education and Culture.

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