Preventing sport injuries
From evidence to practice

INGRID VRIEND

Preventive interventions targeting the problem of sport injuries are needed. Especially as sport injuries have the potential to decrease an active lifestyle and sport participation, which are related to enjoyment, social interaction, maintenance and improvement of health. The problem of sport injuries can be reduced if evidence-based preventive measures (such as helmets and preventive training programmes) are successfully used in daily practice. However, effective implementation is considered an important challenge. Knowledge is required on strategies to reach the target population and affect their preventive behaviour. This thesis describes a range of potentially relevant intervention strategies that should be considered to translate and implement available scientific evidence on sport injury prevention to broad practice. Dutch examples are included on how different strategies can contribute to sport injury prevention.