The Oslo Sports Trauma Research Center

Roald Bahr
## Prevention research

<table>
<thead>
<tr>
<th>Search terms</th>
<th>May 2000</th>
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<tr>
<td>Athletic injury</td>
<td>10,691</td>
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</tr>
<tr>
<td>&amp; Limit: RCT</td>
<td>21 (6)</td>
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</table>

OSTRC - aims

- Establish research program on sports injury prevention:
  - Consequences of sports injuries
  - Pathophysiology, risk factors and injury mechanisms
  - Methods for sports injury prevention
- Focus on high risk sports (soccer, team handball alpine skiing), but also ‘trend sports’ and new injury patterns
- Establish long-term surveillance systems
... to prevent injuries and other health problems in sports through research on risk factors, injury mechanisms and injury prevention methods in sports, particularly football, team handball and alpine skiing.
Multidisciplinary approach

- Epidemiology
- Biomechanics
- Psychology
- Match analysis
- Medicine
OSTRC - organization

- Established at the Norwegian School of Sport Sciences in May 2000
- Long term grants from the Royal Norwegian Ministry of Culture, the Norwegian Olympic Committee & Confederation of Sport, Norsk Tipping AS, and Pfizer AS
- Won competitive grants from various sources, including from sports (FIFA, FIS, IOC)
- 2010 budget: 10 mill NOK
The Oslo Sports Trauma Research Center has been established at the Norwegian School of Sport Sciences through generous grants from the Royal Norwegian Ministry of Culture, the South-Eastern Norway Regional Health Authority, the Norwegian Olympic Committee & Confederation of Sport, and Norsk Tipping AS.
DJO is generously supporting the International Ski Federation Injury Surveillance System
OSTRC - organization

- Chaired by Lars Engebretsen & Roald Bahr
- Reference group from sponsors
- Biannual seminars with external experts
- Cooperation with other research groups and individuals nationally and internationally
Combining clinical work and research
The partners

Ullevål University Hospital

Olympic Training Center

Oslo Sports Trauma Research Center
The partners

Orthopaedic surgery & other specialty care

Ullevål University Hospital
The partners

Sports medicine
Performance testing & training
Nutrition
& other specialists

Olympic Training Center
The partners

Oslo Sports Trauma Research Center

Research: Prevention of injuries & other health problems
Norwegian Research Center for Active Rehabilitation (NAR)

Department of Sport Medicine, Norwegian School of Sport Sciences, Hjelp24 NIMI, and Department of Orthopaedics, Oslo University Hospital, Norway
Norwegian Research Center for Active Rehabilitation (NAR)

www.active-rehab.no

- Established 2003
- Department of Sport Medicine, Norwegian School of Sport Sciences
- Hjelp24 NIMI
- Department of Orthopaedics, Oslo University Hospital
- ACL, Osteoarthritis, Meniscus, Cartilage, Osteoporosis, LBP
- >20 new articles in 2009
- International collaboration
  - University of Delaware (NIH grant)
  - University of Southern Denmark
Staff

**Chairs:**
- Lars Engebretsen MD PhD & Roald Bahr MD PhD

**Research coordinator:**
- Tone Øritsland MSc (100%)

**Adjunct professors:**
- Ingar Holme PhD (20%)
- Lars Nordsletten MD PhD (20%)

**Associate professors:**
- Grethe Myklebust PT PhD (50%)
- Kathrin Steffen MSc PhD (80% - on leave)
- Thor Einar Andersen MD PhD (50%)
- Tron Krosshaug MSc PhD (50%)
PhD projects - 2000

- Risk factors and injury mechanisms in football (Thor Einar Andersen MD)
- Injuries in Icelandic football and effect of preventive measures (Arni Arnason PT)
- Anterior cruciate ligament injuries in team handball (Grethe Myklebust PT)
- Injury mechanisms and risk factors for team handball injuries (Odd Egil Olsen PT)
- Video analysis of ACL injury mechanisms (Tron Krosshaug MSc)
- Tendon overuse injuries (Øystein Lian MD)
- Cartilage defects of the knee (Asbjørn Aarøen MD, Stig Heir MD & Sverre Løken MD)
- Prevention of injuries in alpine snow sports (Steinar Sulheim MD)
- Prevention of alpine skiing and snowboard injuries (Roar Rønning MD)
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PhDs completed in 2010

- Stig Heir
- Mario Bizzini
- Anders Høge Engebretsen
- Tonje Flørenes
- Torbjørn Soligard
Ongoing PhD-projects

- Risk factors for patellar tendinopathy (Håvard Visnes)
- Treatment of patellar tendinopathy (Aasne Fenne Hoksrud)
- Artificial turf in elite soccer (John Bjørneboe)
- Cartilage injuries (Rune Jacobsen)
- Risk factors for ACL injuries in handball (Eirik Kristianslund)
- Preventing eating disorders in young elite athletes (Marianne Marthinsen)
- Mechanisms for World Cup skiing and snowboarding injuries (Tone Bere)
- Risk factors for ACL injuries in female soccer (Agnethe Nilstad)
- The footballer’s heart (Hilde Moseby Berge)
- Cartilage injuries in sport (Cathrine Engen)
- Preventing overuse injuries in the throwing shoulder (Ben Clarsen)
- Causes of injuries in World Cup freestyle skiing (Stefan Randjelovic)

+ 11 Master students
The aim of the Oslo Sports Trauma Research Center is to prevent injuries in sports through research on risk factors, injury mechanisms, and injury prevention methods in sports, particularly soccer, team handball, and alpine skiing.

New web site released!
The new web site for the Oslo Sports Trauma Research Center has been released! In addition to the new design and layout, the new site will make information about the center, its research staff, activities and projects easily accessible. One new feature is the possibility to subscribe to newsletters via e-mail.

Oystein Lian defends his PhD dissertation May 11th!
Oystein Lian MD, who is a fellow at the Oslo Sports Trauma Research Center, will defend his dissertation "On the causes of patellar tendinopathy" for the PhD-degree at the University of Oslo on Friday May 11th, 2007 at the Medical faculty, University of Oslo.

2nd Announcement & Call for Abstracts ready for the 2nd World Congress on Sports Injury Prevention!
We are proud to announce the program of keynote lectures and symposia for the 2nd World Congress on Sports Injury Prevention. With its international invited speakers from all over the world, you are guaranteed to get a state-of-the-art, multi-disciplinary perspective on sports injury prevention. You do not want to miss this important event and at the same time sample the wonders of midsommer above the Arctic Circle!

Pre-congress satellite event - Advanced Team Physician Course in Lofoten June 21 - June 24, 2008
We are very excited to be able to announce a new feature of the congress program, a pre-congress satellite event taking place in the fabled Lofoten Islands. The course will be held at Svinøya rorbuer in Svolvær, Lofoten from June 21 through June 24, 2008. Svinøya rorbuer is situated on a tiny fishing hamlet on an island conveniently located for another pre-congress satellite event, the Pre-congress Satellite Event - Advanced Team Physician Course. For more information visit www.ostrc.no
Skadefri!

Fotball

Handball

Alpint

Kunstgress
Ikke farligere enn naturgress

Bruk hjelm
6 av 10 hodeskader kan forebygges med hjelm

Alt på DVD!
Ny DVD med øvelsene fra www.skadefri.no

Ny forskning
Les mer på www.klokeavskade.no
Senter for idrettsskadedorskning arbeider for å forebygge idrettsskader gjennom et langsiktig forskningsprogram med fokus på nedsetting, skademekanismar og skadeforebyggende tiltak, med særlig vekt på fotball, håndball og

Oslo Sports Trauma

RESEARCH CENTER

www.skadefri.no
1st World Congress on Sports Injury Prevention

Holmenkollen Park Hotel, Oslo, Norway

June 23 - 25, 2005

Oslo 2005
IOC World Conference on Prevention of Injury & Illness in Sport

Monaco
April 7-9, 2011

- 1500 Participants from 70 countries expected
- 93 Invited speakers
- 128 Invited lectures
- 21 Symposia
- 5 Keynote lectures
- 40 Workshops

Second Announcement & Programme ready!
A concise handbook full of practical information on the prevention of injuries for team physicians, physical therapists, trainers, and allied health personnel

Describes how to assess risk factors, understand injury mechanisms and develop targeted programs to reduce the potential for injuries in your team

Addresses specific joints and regions of the body while covering all of the Olympic sports and more

Available now!

For further information on similar titles visit interscience.wiley.com/onlinebooks
”Intellectuals solve problems; geniuses prevent them”

Albert Einstein
(1879 - 1955)
The Oslo Sports Trauma Research Center has been established at the Norwegian School of Sport Sciences through generous grants from the Eastern Norway Regional Health Authority, the Royal Norwegian Ministry of Culture, the Norwegian Olympic Committee & Confederation of Sport, and Norsk Tipping.