

How can I participate?

1. Registration on website www.tipps.lu

1. Creation of a TIPPS account



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Call for participants



The Sports Medicine Research Laboratory (LIH) is launching a new large study on running. This study is the first to investigate the running technique and the risk of injury in a cohort of over 800 runners! This is one of the largest groups of runners observed over a period of several months. The aim of the study is to identify the influence of the damping properties of the running shoes, the body weight, as well as the running technique on the risk of injury. Each participant will receive a free pair of running shoes and will be asked to enter all his sports activities onto his TIPPS account.



Access the TIPPS
Application

For more information on the study, please [click here](#).

How can I enroll? [Click here](#)

**Create
an
account**

In collaboration with



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère des Sports



TEAM LÉTZEBUERG



Centre
Médical
Olympique
Luxembourgeois



Connection	Registration
<p>Username</p> <input type="text"/>	
<p>Password</p> <input type="password"/>	
<p><input type="checkbox"/> Keep me logged in</p>	
<p>Sign In</p>	<p>Register >></p>
<p>I have forgotten my username or password</p>	

Attention! Validate your account with the email that is sent to your email address!

How can I participate?

1. Registration on website www.tipps.lu

1. Creation of a TIPPS account
2. Subscribe to the study

CALENDAR STATISTICS HEALTH MANAGEMENT **STUDIES**   

CURRENT STUDIES

RRI Intervention 4 - Running Related Injuries

This study consists of a follow-up period of 6 months (novice and experimented runners).

The main goal of this project is to investigate the influence of shoe cushioning as well as bodyweight on the risk of running-related injury. This study will allow to determine if shoe cushioning needs to be adapted to the weight of the runner in order to minimise injury risk. More specifically, we will aim to compare the injury incidence between 2 groups of runners using footwear characterised by different cushioning properties (a "soft" model and a "hard" model).

The influence of shoe cushioning properties on running technique will also be investigated.

This project is carried out in partnership with a commercial sports equipment company wishing to remain anonymous.

Register »



CALENDAR STATISTICS HEALTH MANAGEMENT STUDIES  

RRI INTERVENTION 4 STUDY REGISTRATION

- 1. STUDY INFORMATION
- 2. INFORMED CONSENT
- 3. QUESTIONNAIRE (1/2)
- 4. QUESTIONNAIRE (2/2)
- 5. APPOINTMENT

Title: Effects of bodyweight and shoe cushioning on injury risk and running biomechanics: A randomised control trial.
Institution: Luxembourg Institute of Health – Sports Medicine Research Laboratory
Project manager: M. Laurent Malisoux, PhD, tel.: 26 970 231, e-mail: laurent.malisoux@lih.lu
Research assistant: M. Paul Gette, PhD, tel. 26 970 921, e-mail: paul.gette@lih.lu
Head of Unit: M. Daniel Theisen, PhD, tel. 26 970 824, e-mail: daniel.theisen@lih.lu

Dear athlete,

We hereby kindly request your participation in the study "Effects of bodyweight and shoe cushioning on injury risk and running biomechanics: A randomised control trial" conducted by the Sports Medicine Research Laboratory (SMRL) of the Luxembourg Institute of Health (LIH). The main goal of this project is to investigate the influence of shoe cushioning as well as bodyweight on the risk of running-related injury. This study will allow to determine if shoe cushioning needs to be adapted to the weight of the runner in order to minimise injury risk. More specifically, we will aim to compare the injury incidence between 2 groups of runners using footwear characterised by different cushioning properties (a "soft" model and a "hard" model). The influence of shoe cushioning properties on running technique will also be investigated. This project is carried out in partnership with a commercial sports equipment company wishing to remain anonymous.

This study consists of a follow-up period of 6 months, during which novice and experienced runners have unlimited access to a secured web-based training calendar named "Training and Injury Prevention Platform for Sports" (TIPPS) via a personalised username and password. During this 6-month follow-up period, you are required to perform a running activity at least once a week and to upload all your running as well as all any other sporting activity onto the TIPPS system on a weekly basis. Equally, any injury sustained during this period should also be uploaded onto the TIPPS system using the injury questionnaire provided on the website. You will also be asked to fill out a short questionnaire regarding your running experience and previous injuries. Uploading a session on the website takes less than 1 minute. Finally, the day of your visit, you will be invited to perform biomechanical test to analyse your running style. This test will be carried out by the SMRL, at 76, route d'Eich, L-1460 Luxembourg. Various anthropometric measurements (weight, height, leg length) will be taken, followed by 10 to 15 minutes of running on a treadmill at your usual running speed.

Before the beginning of the study you will receive a pair of running shoes free of charge. These shoes will either have a soft or hard sole. Both shoe versions have cushioning properties that correspond to the range of values from the shoes available on the market. They will be administered through random allocation, which means that you will not be able to choose which type of shoe you receive. Neither you nor the research team will know which type of shoe you receive, in order to respect the double-blinded methodology of this study. You will be required to use these shoes for all running sessions, if possible. You will be asked to return the shoes if you decide to discontinue your participation in the study.

The SMRL has signed a sponsor insurance policy covering its responsibilities in the case of an injury occurring in direct relation to the use of the provided running shoe for this study. The insurance policy will be effective in France, Germany and the BeNeLux countries throughout the entire duration of the study. All liabilities of the SMRL are waived in the case of provided running shoes being used outside of the terms specified in the study protocol.



RRI INTERVENTION 4 STUDY REGISTRATION

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Title: Effects of bodyweight and shoe cushioning on injury risk and running biomechanics: A randomised control trial.

Institution: Luxembourg Institute of Health – Sports Medicine Research Laboratory

Project manager: M. Laurent Malisoux, PhD, tel.: 26 970 231, e-mail: laurent.malisoux@lih.lu

Research assistant: M. Paul Gette, PhD, tel. 26 970 921, e-mail: paul.gette@lih.lu

Head of Unit: M. Daniel Theisen, PhD, tel. 26 970 824, e-mail: daniel.theisen@lih.lu

- I declare to have read the above-described information and accept to voluntarily participate in the aforementioned study.
- I accept that my data shall be communicated to the commercial partner for strictly scientific purposes once they are rendered anonymous.
- I received a copy of the present signed informed consent document, as well as the general information intended for athlete participants. I received a clear description of the purpose and the nature of the study and I am aware of what is expected of me as a participant in this study. I have had enough time and the opportunity to ask questions about the study; all my questions have been met with a satisfactory answer.
- I am free to retire from the study at any time without justification, by doing so I will not suffer any material or moral damage.
- I agree that the results of this study can be subject to public talks or scientific publication. Any personal information will be kept confidential.
- I voluntarily consent to participate in this study and I fully understand what kind of data will be gathered during the study.
- I preserve/abide the rights of access, deletion or modification of my personal data. I can exercise that right via the project manager.

The responding signatory freely consents to participate to this study.

Name of the project manager: L. Malisoux

Participant name: Tom Krier

Date: Luxembourg, 19/09/2017

I confirm to have read and understood the above free informed consent.

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CALENDAR



STATISTICS



HEALTH



MANAGEMENT



STUDIES



RRI INTERVENTION 4 STUDY REGISTRATION

1. STUDY INFORMATION

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3. QUESTIONNAIRE (1/2)

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1. Running experience

1.1. Is running the sport you have practiced the most over the course of your adult life (i.e. after the age of 18)?

Yes

No

1.2. Have you ever engaged in regular (at least once a week during a half year) running activity over the course of your adult life (i.e. after the age of 18)?

Number of years in total:

1.3. Have you been running regularly (at least once a week) during the 12 months prior to the beginning of this study?

Yes

No

Number of months in total:

2. Training practice in running

2.1. How many times a week have you typically been running over the last 12 months?

Number of sessions per week:

2.2. What has been your running distance of a typical session over the last 12 months?

Distance: kilometers

2.3. What has been your running speed during a typical session over the last 12 months?

Speed:

2.4. Which has been the main type of running you have practiced over the last 12 months?

RRI INTERVENTION 4 STUDY REGISTRATION

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3. QUESTIONNAIRE (1/2)

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APPOINTMENT

Only one visit is required for the study. It will last approximately 1 hour and will allow us to:

- ➔ Verify the study inclusion criteria, and validate your registration
- ➔ Gather your signed informed consent
- ➔ Check the questionnaire you completed when registering (Previous step)
- ➔ Try on the shoes
- ➔ Take some anthropometric measurements (involve the palpation of the hip and pelvis bones)
- ➔ Carry out a running test on a treadmill (+/- 10 minutes, at your usual running speed)

Do not forget your running gear!

For any question, contact Laurent Malisoux (laurent.malisoux@lih.lu, +35226970231) or H el ene Agostinis (helene.agostinis@lih.lu, +35226970890).
See you soon !

Date :

Time :

Mobile (*):

(*) For the purposes of the study please leave your mobile phone number so that we can reach you in case of problem. Like all your personal data, this one will never be communicated to any third party.

◀ Previous

Save registration

CURRENT STUDIES

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You are registered to this study. (View informed consent - View information)

✕ Cancel registration

My appointments

Date	Time	Actions
15/12/2017	17:00	

Bestätigung Ihrer Anmeldung an die RRI4 Studie

 TIPPS <tipps@lih.lu>
Heute, 10:07
Sie ✕



Sehr geehrter

Ihre Anmeldung für die RRI 4 Studie wurde erfolgreich registriert.
Ihr Termin zum Abholen der Schuhe ist der 15.12.2017 um 17:00

Sports Medicine Research Laboratory

Fondation Norbert Metz
76, rue d'Eich, L-1460 Luxembourg
5. Stock – Büro 5.08

Kontaktperson: Hélène Agostinis (helene.agostinis@lih.lu, (+352) 26 970 890)

Vergessen Sie bitte nicht Ihre üblichen Laufsachen mitzubringen !

Vielen Dank für Ihre Teilnahme.

Das Team von TIPPS.lu
<http://www.tipps.lu>

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2. Subscribe to the study

2. Appointment to try the shoes and for the running test on the treadmill

**Sport Medicine Research Laboratory
Fondation Norbert Metz
76, rue d'Eich, L-1460 Luxembourg
5th Floor – Room 5.08**

For further information

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