Physical activity related pain and injuries in Danish school children aged 10-17 – a population-based cohort study

***By**: Charlotte Raadkjaer Lykkegaard, physiotherapist, MSc, PhD student*

***Primary Advisor:** Jens Søndergaard**,** professor, Clin. Pharm., MD, PhD.*

Background
Worldwide, Physical activity (PA) is an increasing part of the agenda in public health. The beneficial effects of adolescents doing PA are well established. Among adolescents, PA is associated with facilitating optimal bone growth and muscle development, mental health, personal development, and academic learning. PA in childhood is associated with higher level of PA later in life and reduced risk of developing obesity and chronic diseases. For age 10-17 years old, WHO recommends at least 60 minutes of moderate- to vigorous-intensity PA daily. Furthermore, PA represents a substantial part of adolescents´ social life. Not being able to be physically active during adolescence is likely to have negative impact on health and quality of life. Paradoxically, PA comes with the risk of causing pain and injuries which may impair the ability to participate in PA. Among the general adolescent population, knowledge of PA-related pain and injuries is sparse in Denmark.

Aim
To investigate PA-related pain and injuries considered caused by physical education, leisure-time PA, and sports in 10-17-year-old adolescents attending the Danish public schools, investigate the adolescents´ care-seeking and self- management behaviour and the management of these patients by physiotherapists and general practitioners.

Method
Adolescents from grades four to nine in 83-124 public schools in the regions of Southern and Northern of Denmark will be followed 52 weeks starting in August 2020. The primary tool for data collecting will be self-reported questionnaires collected by using either Briteback Explore app, SMS-tracking and/or REDcap Open.

Project status
Just started.

Related publications (links)
None.

Updated: 06-02-2020