

# INPLASY PROTOCOL

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## Effectiveness of injury prevention strategies in soccer: An overview of meta-analyses

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**Review Stage at time of this  
submission:** Data analysis.

**Conflicts of interest:**  
The authors declare that they  
have no conflicts of interest.

**Review question / Objective:** What is the effectiveness of  
injury prevention strategies on soccer injuries?

**Condition being studied:** Any sport-related injuries.

**Information sources:** Cochrane Library, PubMed, Scielo,  
Scopus and Web of Science. Additional search over google  
scholar and reference lists.

**INPLASY registration number:** This protocol was registered with  
the International Platform of Registered Systematic Review and  
Meta-Analysis Protocols (INPLASY) on 08 September 2020 and  
was last updated on 08 September 2020 (registration number  
INPLASY202090036).

### INTRODUCTION

**Review question / Objective:** What is the  
effectiveness of injury prevention strategies  
on soccer injuries?

**Condition being studied:** Any sport-related  
injuries.

### METHODS

**Participant or population:** Soccer players.

**Intervention:** Injury preventive strategies.

**Comparator:** Randomized comparison  
group or control.

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**Study designs to be included:** Systematic reviews with Meta-analyses including randomized interventions.

**Eligibility criteria:** Soccer players of any age, sex, training level or health status. Interventions must be designed to prevent injuries.

**Information sources:** Cochrane Library, PubMed, Scielo, Scopus and Web of Science. Additional search over google scholar and reference lists.

**Main outcome(s):** Any effect related to sports injuries will be considered.

**Additional outcome(s):** Metrics over injury incidence, number of days away from practice, performance and health outcomes, associated costs, clinical extent of injuries and quality of life.

**Quality assessment / Risk of bias analysis:** AMSTAR 2 tool.

**Strategy of data synthesis:** 1- Tabulation of studies characteristics and PICO elements among them; 2-Tabulation of the Data items.

**Subgroup analysis:** Type of protocols and effectiveness.

**Sensibility analysis:** For injury incidences, risk ratio will be used.

**Language:** No restriction.

**Country(ies) involved:** Portugal.

**Keywords:** Sports medicine; injury prevention; soccer; football; meta-analysis.

**Contributions of each author:**

**Author 1 - Henrique Müller -** The author wrote the manuscript, was one of the authors that extracted data and assessed methodological quality.

**Author 2 - Alexandre Martins -** The author performed the duplicate data extraction and methodological quality assessment.

**Author 3 - José Afonso -** The author contributed to the development of the

search and data extraction strategy; provided feedback to the manuscript.

**Author 4 - Antonio Natal -** The author read, provided feedback and approved the final manuscript.