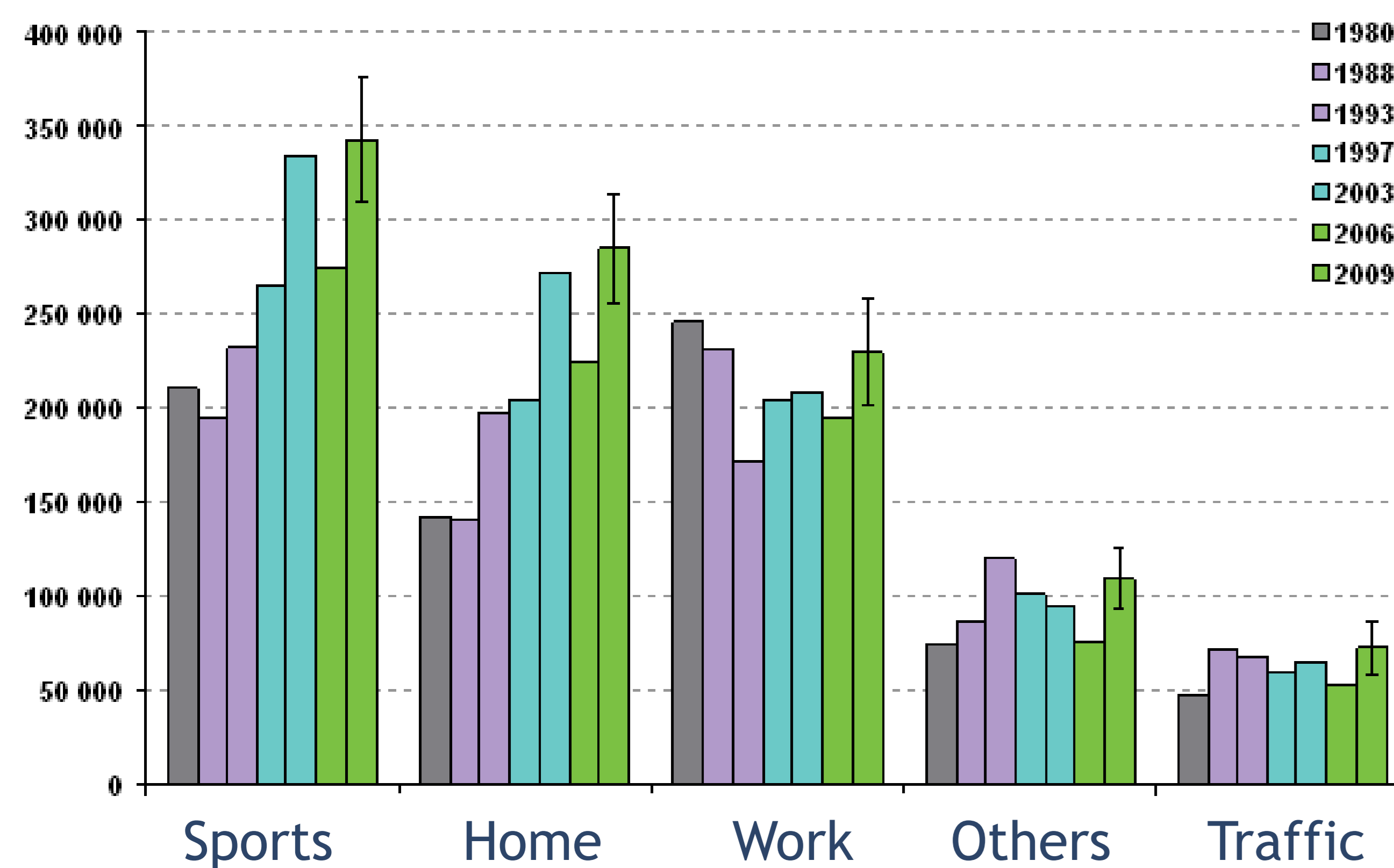


# Sports and Exercise Safety in Finland (LiVE) – a Nationwide Implementation Case to Teachers and Coaches

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## Introduction

Number of sports injuries has increased considerably in Finland during the past decades. Today sports injuries are the most common injury type in our country.



Graph 1. Injuries in Finland 1980–2009. The National Institute for Health and Welfare (THL)

The aim of the LiVE program is to increase safety of sports and exercise in a nationwide setting by applying research evidence and expert knowledge into the practice. The program started in 2006, and is financially supported by the Ministry of Education and Culture, and the Ministry of Social Affairs and Health.

## Methods

LiVE research projects focus on sports injury epidemiology, mechanisms and prevention. Results are spread to the field by two implementation programs:

- **Healthy Athlete (TU 2006–)**
- **Safety in School Sports (TEKO 2010–)**

The frameworks of TU and TEKO are presented in Figure 1 and 2.

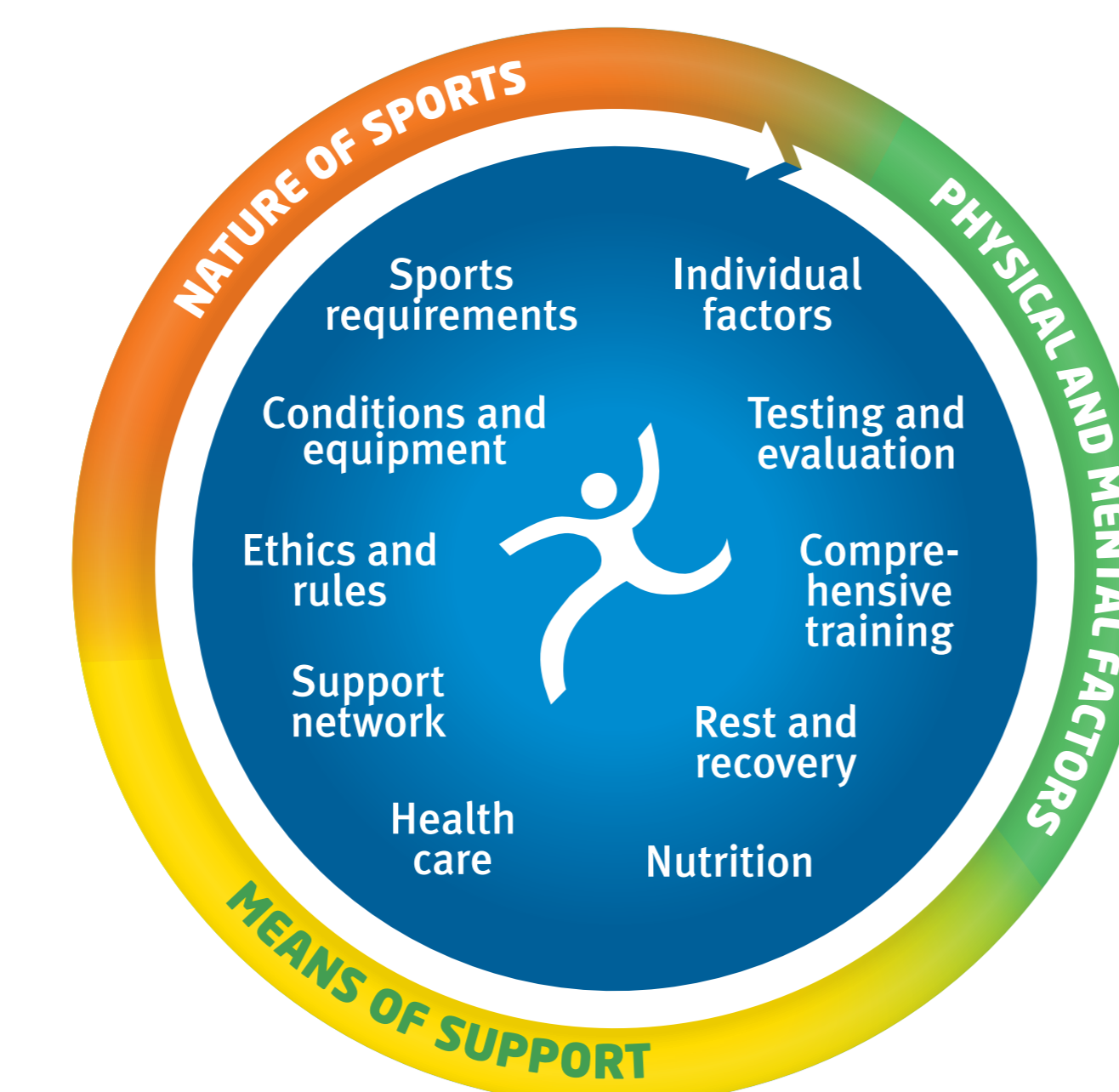


Figure 1. The Ten-point-circle (TU)



Figure 2. The Element-wall (TEKO)

LiVE programs main communication channels are websites:

- [www.terveurheilija.fi](http://www.terveurheilija.fi)
- [www.tervekoululainen.fi](http://www.tervekoululainen.fi)

The LiVE program educates annually LiVE-instructors. The 1-year education is directed for coaches, trainers, physical therapists, PE teachers and PE instructors.

## Results & Discussion

Two large RCTs of sports injury prevention and numerous original studies of sports injury epidemiology have been published. Results have been spread to the field by education and communication. So far the LiVE program has cooperated with nine sports associations (e.g. Finnish Gymnastic Federation and Finnish Ice Hockey Association) and numerous other partners (e.g. Finnish Sports Federation and The Association of Physical and Health Educators in Finland).



Implementation of preventive strategies against sports injuries will result in a reduction of the number of health problems and work or school absenteeism, as well as a clear decrease in the medical costs. Essential results of the LiVE program will be expressed within five to ten years.

## References

- Pasanen K et al. BMJ 2008;337:96-102  
Parkkari J et al. BMC Medicine 2011;9:35