A comparison between a traditional excercise program and a eccentric excersise program in patients with anterior shoulder pain

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24036

Source
NTR

Health condition

primary subacromial impingement
rotator cuff tendinopathy
pain in rotator cuff

Sponsors and support

Primary sponsor: Sport Medisch Centrum Papendal
Source(s) of monetary or material Support: Sport Medisch Centrum Papendal

Intervention

Outcome measures

Primary outcome

Constant Murley score

pain (VAS 0-100)

Secondary outcome

pain on provocative tests
Range of motion
isometric stength

Study description

Background summary

the aim of this study is to investigate the effectiveness of a eccentric exercise program compared to a conventional exercise progrma in patients with primary subacromial impingement. This is a radomized, single blinded, clinical trial and 33 participants have been enrolled. The primary outcomes are the Constant Murley score and pain (VAS).

Study objective

The aim of this study is to investigate wether a eccentric exercise program is more effective in patients with primary subacromial impingement compared to a conventional exercise program.
Several studies about the effect of eccentric training in tendinopathies have been published and there is still uncertainty about the effectiveness of this specific training regimen and wether it is more effective than conventional rehabilitation exercises.

Study design

T1 (start op trial)
T2 (week 6)
T3 (week 12)
T4 (week 26)

Intervention

-eccentric exercise program
-conventional concentric-eccentric exercise program

Contacts

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Eligibility criteria

Inclusion criteria

primary subacromial impingement
patients who have anterior shoulder pain with diagnosed Rc tendinopathy (ultrasound) and 2 positieve impingementtests out of 3. (Neer, Hawkins, Jobe)

Exclusion criteria

- calcifications > 4 mm
- patients who have had treatment for the same condition 10 weeks before and during trial (26 weeks)
- full-thickness rotator cuff rupture
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- age < 18 and > 65
-secundary subacromial impingement
- combination of both types of impingement
- capsulitis adhaesiva
- cervical radiculopathy
- sugery in the same shoulder or cervical spine
- systemic or neurologic disease
- inability to speak or understand the duth language

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	25-11-2008
Enrollment:	34
Type:	Anticipated

Ethics review

Positive opinion

Date:	16-01-2014
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4283

Register	ID
NTR-old	NTR4427
Other	CMO Radboud Universiteit Nijmegen : 2007/174

Study results