Deltoid specific exercise program for degenerative rotator cuff tears

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28224

Source
Nationaal Trial Register

Health condition

Rotator cable, degenerative rotatot cuff tears

Sponsors and support

Primary sponsor: Vrije universiteit Brussel

Intervention

Outcome measures

Primary outcome

Western ontario rotator cuff index

Constant-Murley scale

Secondary outcome

/

Study description

Background summary

Patients with degenerative rotator cuff tears will be divided in 2 groups (with or without an intact rotator cable) by ultrasonography, physical testing and history taking. Both groups will be following the same exercise protocol: a deltoid rehabilitation program. After 6, 12 and 26 weeks the patients will be scored on the Constant-Murley scale and Western Ontario rotator cuff index.

Study objective

Greater improvements in outcome (Western ontario rotator cuff index/Constant-Murley scale) with the deltoid exercise program in the intact rotator cable group

Study design

6-12 and 26 weeks

Intervention

After inclusion we started with a short immobilization of the shoulder using a shoulder stabilizing taping technique (see fig…) for 5 days. The second week the patients started with posture and deltoid exercises (see fig…). The physical therapist put an elastic resistance band around the body and arms of the patient. Initial, the patients started with optimizing their posture and subsequently they made a maximum of 20 degrees abduction with both arms while keeping their optimized posture. Patients in both groups had to exercise twice a day in a graded activity like program. The first week they made 3x8 repetitions (with 30 sec rest between repetitions) in the morning and in the evening. The second week 3x10 repetitions, the third week 3x12 repetitions and from week 4 for till week 12, they did 3x 15 repetitions.

Contacts

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Eligibility criteria

Inclusion criteria

rotator cuff tears

Exclusion criteria

shoulder pain without a cause related to the shoulder, such as referred pain, neurological problems, tumors and autoimmune illness

Study design

Design

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-06-2018
Enrollment:	80
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

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	NL7237
NTR-old	NTR7436
Other	: B.U.N. 143201836618

Study results