Comparison of two different exercise programs in mid-portion Achilles tendinopathy: a randomized trial.

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It is hypothesized that the Silbernagel exercise program yields at least similar results in terms of symptom reduction (VISA-A score and VAS score)compared with the Alfredson eccentric exercise program.

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20566

Bron
NTR

Verkorte titel
ASET-study

Aandoening

Achilles tendinopathy
Exercise therapy
Treatment

Achilles tendinopathie
Oefentherapie
Behandeling

Ondersteuning

Primaire sponsor: University Medical Center Utrecht
Sport Medisch Centrum Papendal
Overige ondersteuning: University Medical Center Utrecht
Sport Medisch Centrum Papendal

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Victorian Institute of Sports Assessment - Achilles (VISA-A) questionnaire
- Visual Analog Scale (VAS) for pain during sports activities

Toelichting onderzoek

Achtergrond van het onderzoek

Background:
Mid-portion Achilles tendinopathy (AT) is a common overuse injury of the lower extremity, often challenging for patients and therapists. Exercise therapy (i.e. tendon loading) is considered crucial in conservative management, but the most effective exercise program is unknown. Alfredson's eccentric program and Silbernagel's concentric-eccentric program have both shown beneficial results in the treatment of AT, but it is unknown whether any program is superior for use in clinical practice.

Objective:
To investigate the difference in effectiveness between the Alfredson eccentric and the Silbernagel concentric-eccentric exercise program on patient-reported function and pain during sports in patients with chronic mid-portion AT after 12 weeks.

Study design:
Prospective multicenter single blind randomized controlled trial.

Study population:
A total of 86 recreational male athletes (18-60 years of age) with a clinical diagnosis of unilateral Achilles tendinopathy will be included.

Intervention:
Two exercise programs will be compared. The first is the Alfredson eccentric exercise

program, in which participants perform eccentric heel-drops on their injured leg, twice daily, for three sets of 15 repetitions, and both with a straight and bent knee (i.e. 180 repetitions per day). The other program is the Silbernagel concentric-eccentric program, in which participants perform various 2-legged and 1-legged heel-raising exercises, for three sets of 15 repetitions, but in this program exercises are only performed once daily.

Main study parameters/endpoints:
The primary outcome measures for this study will be patient-reported function in daily activities and sport (measured with the Dutch version of the Victorian Institute of Sport Assessment – Achilles questionnaire) and pain during sports activities (measured with a visual analog scale) after 12 weeks.

Doel van het onderzoek

It is hypothesized that the Silbernagel exercise program yields at least similar results in terms of symptom reduction (VISA-A score and VAS score)compared with the Alfredson eccentric exercise program.

Onderzoeksopzet

Baseline, 12 weeks, 6 months, and 12 months.

Onderzoeksproduct en/of interventie

Two different loading programs for the plantar flexor muscle-tendon unit; i.e. isolated eccentric loading according to the Alfredson program, or a combination of concentric and eccemtric loading according to the Silbernagel program.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Clinical diagnosis of unilateral mid-portion Achilles tendinopathy (Achilles tendon pain and swelling 2-7 cm from calcaneal insertion);

- Duration of symptoms at least three months;

- Age 18-60 years of age;

- Participating in sport involving Achilles tendon loading (i.e. running and/or jumping);

- Able to comply with both exercise programs.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Bilateral symptoms;

- Diagnosis of insertional Achilles tendinopathy (insertion of Achilles tendon onto posterior aspect of the calcaneus);

- Washout period of < four weeks from other treatments;

- Corticosteroid injections in the region of the Achilles tendon in the previous 12 months;

- Other lower limb injuries in previous 12 months;

- Previous surgery in the affected limb;

- History of Achilles tendon rupture in affected limb;

- Systemic diseases, such as rheumatoid arthritis and diabetes mellitus.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-05-2016
Aantal proefpersonen:	86
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Niet van toepassing

Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 47905
Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL5503
NTR-old	NTR5638
CCMO	NL56035.041.15
OMON	NL-OMON47905

Resultaten