

Effect of the use of a patellar strap and sports tape on jumper's knee complaints.

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We expect to find a positive effect on jumpers knee complaints as a result of the use of patellar strap and sports tape.

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON22717

Bron

Nationaal Trial Register

Verkorte titel

TOPPRO-study

Aandoening

patellar tendinopathy, jumpers knee

Ondersteuning

Primaire sponsor: UNiversity Medical Center Groningen

Overige ondersteuning: ZonMw

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The Visual Analogue Scale (VAS) for pain will be used as the main study outcome in both parts of the study. With this measure subjects indicate on a continuous line between two end points their level of pain. The VAS pain scale is a valid and reliable measure of chronic and

acute pain intensity (Bijur, Silver, & Gallagher, 2001) (Downie et al., 1978).

In the first part, the primary study parameter is the VAS pain score after ten single leg decline squats. In the second part of the study, the primary study parameter is the difference between the baseline and the intervention week in the average score on the VAS pain scale during sports.

Toelichting onderzoek

Achtergrond van het onderzoek

Patellar tendinopathy is a common overuse injury that has a major impact on the knee function and often interferes with the sport career of jumping athletes. Orthoses like a patellar strap and sports tape are often used to reduce the pain in this condition and to be able to remain active in sports. However no scientific evidence for a positive effect on pain and sports participation is available. The first aim of this study is to determine the effect of a patellar strap and sports tape on pain and sports participation in subjects with patellar tendinopathy. The second aim is to study if there is a relationship between the effectiveness of the orthoses and subjects' characteristics, sports related factors and severity of injury.

Doel van het onderzoek

We expect to find a positive effect on jumpers knee complaints as a result of the use of patellar strap and sports tape.

Onderzoeksopzet

1. Baseline;
2. 2 weeks.

Onderzoeksproduct en/of interventie

In the first part of the study, all subjects perform three functional tests under four different conditions (patellar strap, sports tape, sports tape (placebo), control). The order of the conditions is balanced between subjects.

The three functional tests are shown and explained to the subject. The execution of the tests is preceded by a warming up period of five minutes on a home trainer. The three functional tests are: ten single leg decline squats, the maximal vertical jump test and the triple hop test.

Directly after each test, the participant scores on a VAS pain scale the experienced pain during the test. In addition, the height of the jumps of the maximal vertical jump test and the covered distances of the triple hop test will be documented for each subject.

In the second part of this study subjects are randomly divided into four groups of 35 subjects after stratification for phase of injury. The first week all participants document in a log (in the normal situation) the experienced pain during and after training and matches and the amount of pain the next morning. Further, they document the number and duration of (missed) training and matches. After this week, subjects do the same, but now with one of the following interventions: patellar strap, sports tape, placebo tape or control.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age 18-50 years;
2. Current symptoms of knee pain in the patellar tendon or its patellar or tibial insertion in

connection with training and competition in one or both knees;

3. Duration of symptoms for over three months (to exclude acute inflammatory tendon problems and de novo partial ruptures);

4. VISA- P score < 80;

5. Palpation sensitivity in the patellar knee area;

6. Participating athlete.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Acute knee and patellar tendon problems;

2. Chronic joint disease(s);

3. Signs or symptoms of other knee pathologies.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Placebo

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-12-2012
Aantal proefpersonen:	140
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum: 10-10-2012

Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 39696

Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3480
NTR-old	NTR3660
CCMO	NL42287.042.12
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON39696

Resultaten

Samenvatting resultaten

N/A