

Tendinopathy Of Patella Groningen Amsterdam Maastricht ESWT study

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ESWT treatment leads to pain reduction and improvement of knee function in athletes with patellar tendinopathy

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON23502

Bron

NTR

Verkorte titel

TOPGAME-study

Aandoening

patellar tendinopathy
jumper's knee
shockwave therapy
springersknie
patella tendinopathie
schokgolftherapie

Ondersteuning

Primaire sponsor: UMCG

Overige ondersteuning: ZONMW

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

VISA-score

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale:

Patellar tendinopathy is a common overuse injury that often has a major impact on the knee function and even the career of jumping athletes. There is no consensus about the most appropriate treatment but Extracorporeal ShockWave Therapy (ESWT) appears to be a promising treatment. Until now its effectiveness has only been studied in patients with chronic recalcitrant patellar tendinopathy.

Objective:

Aim of this study is to determine the effectiveness of ESWT on pain, symptoms and function, in athletes with patellar tendinopathy (in an early stage of the disease) who are still able to train and compete.

Study design:

Double blinded, randomized controlled study using a 2 group repeated measures design with a treatment period of 2 weeks and a 6 month follow-up

Study population:

Volleyball and basketball players with (early stage) patellar tendinopathy, 18-35 yr old

Intervention:

One group will receive three ESWT treatments at a weekly interval, the other group will receive three placebo ESWT treatments at a weekly interval

Main study parameters/endpoints:

Change in VISA score. The VISA score is a simple, reliable instrument for measuring the severity of patellar tendinopathy and is sensitive to small changes in symptoms. It was specifically designed for patellar tendinopathy, rating pain, symptoms, simple test of function and the ability to play sports.

Doel van het onderzoek

ESWT treatment leads to pain reduction and improvement of kneefunction in athletes with patellar tendinopathy

Onderzoeksopzet

- pretreatment
- 1 week post treatment
- 3 months post treatment
- 6 months post treatment

Onderzoeksproduct en/of interventie

Extracorporeal shockwave therapy

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Male and female athletes with the following criteria are eligible for inclusion:

1. History of knee pain in patellar tendon or its patellar or tibial insertion (pointed out in a anatomical drawing of the knee) in connection with training and competition
2. Symptoms for over three months in the actual season or in the second half of the previous season (January – May 2008) (to exclude acute inflammatory tendon problems and de novo partial ruptures)
3. Age 18-35 years old (to reduce the chance of other osteochondrotic diseases like Sinding-Larsen-Johanson, Osgood-Schlatter and osteoarthritis)
4. Palpation tenderness to the corresponding painful area
5. VISA score < 80

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Acute knee or patellar tendon injuries
2. Chronic joint diseases
3. Signs or symptoms of other coexisting knee pathology
4. Contraindications for ESWT (pregnancy, malignancy, coagulopathy)
5. Knee surgery or injection therapy with corticosteroids in the last preceding three months
6. Daily use of drugs with a putative effect on patellar tendinopathy in the last year (e.g. non-steroid anti-inflammatory drugs, fluorochinolones) or actual use of anticoagulants

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Dubbelblind
Controle:	Placebo

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	22-09-2008
Aantal proefpersonen:	60
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	15-08-2008
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL1348
NTR-old	NTR1408
Ander register	NL 19389.042.08 : ABR
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten

No Effect of Extracorporeal Shockwave Therapy on Patellar Tendinopathy in Jumping Athletes During the Competitive Season. Johannes Zwerver,*y MD, PhD, Fred Hartgens,z MD, PT, PhD, Evert Verhagen,§ PhD, Henk van der Worp,y MSc, Inge van den Akker-Scheek,y PhD, and Ron L. Diercks,y MD, PhD. AJSM PreView, published on February 1, 2011 as doi:10.1177/0363546510395492.