

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

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The aim of this study is to investigate whether 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...

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

Samenvatting

ID

NL-OMON24036

Bron

NTR

Aandoening

primary subacromial impingement
rotator cuff tendinopathy
pain in rotator cuff

Ondersteuning

Primaire sponsor: Sport Medisch Centrum Papendal

Overige ondersteuning: Sport Medisch Centrum Papendal

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Constant Murley score
pain (VAS 0-100)

Toelichting onderzoek

Achtergrond van het onderzoek

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).

Doel van het onderzoek

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.

Onderzoeksopzet

T1 (start op trial)

T2 (week 6)

T3 (week 12)

T4 (week 26)

Onderzoeksproduct en/of interventie

-eccentric exercise program

-conventional concentric-eccentric exercise program

Contactpersonen

Publiek

Papendallaan 7

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- 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
-
- age < 18 and > 65
- secondary subacromial impingement
- combination of both types of impingement
- capsulitis adhaesiva
- cervical radiculopathy
- surgery in the same shoulder or cervical spine
- systemic or neurologic disease
- inability to speak or understand the dutch language

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	25-11-2008
Aantal proefpersonen:	34
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	16-01-2014
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	NL4283

Register

NTR-old

Ander register

ID

NTR4427

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Resultaten