

# Comparing eccentric overload training versus flywheel resistance training as a treatment for jumpers knee or patellar tendinopathy

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Does flywheel resistance training give a better pain reduction than normal eccentric overload training for people with patellar tendinopathy?

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestart       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON24586

### Bron

NTR

### Aandoening

patellar tendinopathy, jumpers knee, springersknie, knieschijfpees letsel, patellatendinopathie

### Ondersteuning

**Primaire sponsor:** Drs. K.W Janssen, SMC Jeroen-Bosch Hospital Den Bosch

**Overige ondersteuning:** CZ fonds, Exxentric Flywheel Equipment

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

NL-VISA-P score is measured via a questionnaire at the start and after 6, 12, 18, 26 and 52

weeks.

## Toelichting onderzoek

### Achtergrond van het onderzoek

Patellar tendinopathy is a common injury in sports. Our goal was to compare flywheel resistance training with eccentric overload training and assess if there is a difference in perceived pain during sports after a 6 week training program with a 1 year follow-up.

### Doel van het onderzoek

Does flywheel resistance training give a better pain reduction than normal eccentric overload training for people with patellar tendinopathy?

### Onderzoeksopzet

Measurements will be taken at the start, then 6, 12, 18, 26 and 52 weeks after.

### Onderzoeksproduct en/of interventie

Subjects with patellar tendinopathy are allocated to either the eccentric overload training group or the flywheel resistance group.

The eccentric training will train twice a day, doing 3x15 repetitions of one-leg squat on a decline board. The flywheel group will receive 2 times a week resistance training using the flywheel device.

## Contactpersonen

### Publiek

A. Piels  
Kerkdriel  
The Netherlands

### Wetenschappelijk

A. Piels  
Kerkdriel  
The Netherlands

## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Subject is a male or female between the age of 18 and 50.
2. Subject has symptoms for at least 6 weeks
3. Subject participates in sports with a minimum of 1 hour per week.
4. No alternative diagnosis may exist

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Subject may not have had any surgery to the knee joint (incl arthroscopy)
2. Subject has no intra-articular pathology
3. Subject may not participate in any therapy regarding the knee for the past 6 weeks.

## Onderzoeksopzet

### Opzet

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

### Deelname

|                         |                      |
|-------------------------|----------------------|
| Nederland               |                      |
| Status:                 | Werving gestart      |
| (Verwachte) startdatum: | 01-10-2013           |
| Aantal proefpersonen:   | 100                  |
| Type:                   | Verwachte startdatum |

## Ethische beoordeling

Positief advies

Datum: 14-11-2013

Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 39954

Bron: ToetsingOnline

Titel:

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

| Register | ID             |
|----------|----------------|
| NTR-new  | NL4242         |
| NTR-old  | NTR4387        |
| CCMO     | NL42622.028.13 |
| OMON     | NL-OMON39954   |

## Resultaten