Walking ALteration for Knee osteoarthritis.

Gepubliceerd: 03-03-2017 Laatst bijgewerkt: 18-08-2022

The WALK gait retraining program is more effective to treat patients with symptomatic mild to moderate knee OA and an extension deficit, compared to a standardised treatment protocol based on the KNGF (royal Dutch association of physiotherapists)...

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

Samenvatting

ID

NL-OMON26376

Bron
Nationaal Trial Register

Verkorte titel
The WALK Study

Aandoening

Knee Osteoarthritis
Knee extension deficit
Conservative treatment
Physiotherapy protocol

Ondersteuning

Primaire sponsor: Raad van bestuur Máxima Medisch Centrum
Overige ondersteuning: Máxima Medisch Centrum

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Between group difference in change in pain score of the KOOS between baseline and 3 months follow-up.

Toelichting onderzoek

Achtergrond van het onderzoek

Osteoarthritis (OA) of the knee is associated with changes in gait pattern. Our hypothesis is that adaptation of the gait pattern through gait retraining can relieve the symptoms in knee OA. A RCT will be performed to compare the effectiveness of the WALK gait retraining program, compared to a standardised treatment protocol based on the KNGF guidelines, in patients with clinical symptoms of mild to moderate knee OA and a knee extension deficit. Main study endpoints is between group difference in change in pain and function score between baseline and 3 months follow-up. Secondary outcome parameters are gait analysis and functional outcome.

Doel van het onderzoek

The WALK gait retraining program is more effective to treat patients with symptomatic mild to moderate knee OA and an extension deficit, compared to a standardised treatment protocol based on the KNGF (royal Dutch association of physiotherapists) guidelines.

Onderzoeksopzet

Baseline, during the first 3 months of the study: weekly, at 6, 9 and 12 month follow-up.

Onderzoeksproduct en/of interventie

Patients will be randomized in a group

(a) control group: physiotherapy with a standardised treatment protocol based on the KNGF (royal Dutch association of physiotherapists) guidelines.

(b) index group: WALK gait retraining program.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Symptomatic knee OA according to the clinical ACR criteria.

Radiographic OA, according to Kellgren and Lawrence grade 1, 2 or 3

Flexion contracture of 5 degrees or more.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Medial or lateral instability of the knee,

- Symptomatic bilateral knee OA

- Intra-articular injection of the knee, in the previous 3 months

- Previous peri-articular osteotomy of the affected knee

- Symptomatic OA of hip or ankle

- Co morbidity which disables the function of the lower extremity

- Rheumatoid Arthritis or other inflammatory joint disease

- Physical therapy for current complaints during last 3 months

- Insufficient command of the Dutch language

- Legally incompetent adults

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2018
Aantal proefpersonen:	144
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	03-03-2017
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	NL6810
NTR-old	NTR6996
Ander register	:

Resultaten