

Comparison of two exercise protocols for insertional Achilles tendinopathy rehabilitation

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Exercise leads to pain and functional improvement in patients diagnosed with insertional Achilles tendinopathy

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

Samenvatting

ID

NL-OMON29544

Bron

Nationaal Trial Register

Verkorte titel

IAT study

Aandoening

insertional achilles tendinopathy, exercise, load, rehabilitation

Ondersteuning

Primaire sponsor: University Medical Center Groningen (UMCG)

Overige ondersteuning: CNPq - National Council for Scientific and Technological Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale:

Achilles tendinopathy (AT) is a common injury that normally affects physically active people and the incidence increases with age. Several studies have shown the efficacy of the eccentric exercises protocol as treatment in patients diagnosed with mid-portion AT. However, few studies assessed the effect of eccentric exercise in patients with insertional Achilles tendinopathy (IAT) and results are inconclusive.

Objectives:

The primary objective of this pilot study is to determine the effect of an isometric exercises plus eccentric-concentric exercise protocol compared to the usual care eccentric exercise protocol on Achilles tendon pain and structure in subjects diagnosed with IAT.

Study design:

Single blinded, pilot study using a 2 group design with a treatment period of 12 weeks.

Study population:

Patients diagnosed with insertional Achilles tendinopathy

Intervention:

One group will perform eccentric exercise during 12 weeks, the other group will perform isometric exercise during 4 weeks and after concentric-eccentric exercise during 8 weeks.

Main study parameters/endpoints:

Pain during calf-raise test

Doel van het onderzoek

Exercise leads to pain and functional improvement in patients diagnosed with insertional Achilles tendinopathy

Onderzoeksopzet

- pretreatment (Baseline)
- 4 weeks after baseline
- 8 weeks after baseline
- 12 weeks after baseline

Onderzoeksproduct en/of interventie

Eccentric exercise and Isometric exercise plus concentric exercise

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Individuals of both sexes, aged between 18 and 55 years
- Chronic pain in the Achilles tendon insertion for more than 3 months
- Pain during the palpation
- Abnormal ultrasound imaging (hypoechoic areas, irregular fiber orientation and thickening of the tendon).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Imaging abnormalities as: superficial or retrocalcaneal fluid on the ultrasound examination as a sign of bursitis, or changes on mid-portion tendon structure;
- Systematic disease (eg, diabetes, rheumatoid arthritis);
- Prior Achilles tendon rupture;
- Prior injections for Achilles tendinopathy treatment;
- Patient that performed eccentric calf-muscle training > 4 weeks under the supervision of a physical therapist before;

Onderzoeksopzet

Opzet

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

Controle: Actieve controle groep

Deelname

Nederland
Status: Werving gestart
(Verwachte) startdatum: 18-04-2017
Aantal proefpersonen: 30
Type: Verwachte startdatum

Ethische beoordeling

Positief advies
Datum: 17-04-2017
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	NL6167
NTR-old	NTR6314
CCMO	NL58148.042.16

Resultaten