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# Cost-utility and efficacy of a home-based exercise program in poliomyelitis survivors

| Submission date | Recruitment status | [_] Prospectively registered |
|---|---|---|
| 07/08/2007 | No longer recruiting | [_] Protocol |
| **Registration date** | **Overall study status** | [_] Statistical analysis plan |
| 19/09/2007 | Completed | [_] Results |
| **Last Edited** | **Condition category** | [_] Individual participant data |
| 30/08/2011 | Infections and Infestations | [_] Record updated in last year |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

**Contact name**
Prof Narcis Gusi

**Contact details**
Faculty of Sports Sciences
Avda Universidad s/n
Caceres
Spain
10071
+34 9272 57460
ngusi@unex.es

## Additional identifiers

**Protocol serial number**
16/2006

## Study information

**Scientific Title**

**Study objectives**

1. A home-based exercise program is effective in improving health-related quality of life, neuromuscular function and fitness in paralytic poliomyelitis survivors
2. A home-based exercise program is cost-effective compared to usual care in paralytic poliomyelitis survivors

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Bioethical Committee of University of Extremadura, approved on 25 May 2006 (ref: 16/2006)

## Study design
Randomised controlled trial.

## Primary study design
Interventional

## Study type(s)
Not Specified

## Health condition(s) or problem(s) studied
Poliomyelitis

## Interventions
Participants will be randomised to the experimental and control groups (usual care). The experimental group of participants will be asked to perform 3 months of home-based physical exercises including two one-hour sessions per week. They will be instructed by a sport sciences graduate to perform progressive (set of 10 to 30 repetitions) strength-resistance exercises (flexion and extension of trunk and limbs; abduction and adduction of shoulder).

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome(s)
The following will be measured at 0 (before start), 3 (end of exercise period) and 6 months (detraining in intervention group):
1. Health related quality of life (the EQ-5D questionnaire, 15-D instrument and the 36-item Short Form health survey [SF-36])
2. Sanitary costs (consultations, medication, health utilities, cost of program)
3. Back disorders (Roland Morris Scale)
4. Fatigue scale (FSS)
5. Neuromuscular function - isokinetic dynamometry: moment of force and power (root mean square electromyogram [EMGrms])
6. Fitness (strength, flexibility, balance, 6 min walk test, body composition)

## Key secondary outcome(s))
Validity and reliability of instruments (fitness tests that will be used in this sub-population for the first time) in poliomyelitis.

### Completion date
20/12/2007

## Eligibility

### Key inclusion criteria
Paralytic poliomyelitis survivors with one (or two) lower limb affected more than twenty years ago, recruited through local associations.

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Not Specified

### Sex
All

### Key exclusion criteria
1. Medical contraindication to physical exercise
2. Doing regular physical exercise within 6 month before trial

### Date of first enrolment
20/08/2007

### Date of final enrolment
20/12/2007

## Locations

### Countries of recruitment
Spain

### Study participating centre
**Faculty of Sports Sciences**
Caceres
Spain
10071

## Sponsor information

**Organisation**
University of Extremadura (Spain)

**ROR**
https://ror.org/0174shg90

# Funder(s)

**Funder type**
Government

**Funder Name**
Ministry of Work and Social Affairs (IMSERSO) (Spain) (ref: 118/06)

# Results and Publications

## Individual participant data (IPD) sharing plan

**IPD sharing plan summary**
Not provided at time of registration

**Study outputs**

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Study website | Study website | 11/11/2025 | 11/11/2025 | No | Yes |