

Effectiveness exercise therapy in beginning non-specific Work-Related Upper Limb Disorders (WRULD)

Submission date 23/08/2007	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 23/08/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 25/11/2009	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
NTR1022

Study information

Scientific Title

Postural exercise therapy according to Cesar/Mensendieck and physiotherapy are equally effective on beginning non-specific work-related upper limb disorders in VDU-workers: a controlled, randomised trial with follow-up of one year

Acronym

WRULD

Study objectives

Is postural exercise therapy according to Cesar/Mensendieck more effective in reducing pain, improving functional level and health related quality of life in Visual Display Unit (VDU)-workers with beginning non-specific Work-Related Upper Limb Disorders (WRULD) when compared to usual physiotherapy?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the local medical ethics committee

Study design

Randomised, active controlled, parallel group trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Non-specific Work-Related Upper Limb Disorders (WRULD)

Interventions

Postural exercise therapy according to Cesar/Mensendieck (experimental group) and usual physiotherapy (control group), both during 10 weeks.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Horizontal numerical Visual Analogue 10 cm Scale (VAS) according to Jensen
2. Dichotomous question: do you still suffer from WRULD? Yes/no

Key secondary outcome(s)

1. On disability level Disabilities of Arm, Shoulder, Hand (DASH)
2. Health related quality of life by the 36-item Short Form health survey (SF-36)

Completion date

28/02/2006

Eligibility

Key inclusion criteria

1. Being VDU-worker (at least four hours Personal Computer [PC] per day) at the time of first complaints and being employed in present job for at least three months
2. Non-specific WRULD symptoms exist greater than two weeks and less than three months and are purely related to PC work
3. Aged between 20 and 45 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Not Specified

Key exclusion criteria

1. WRULD symptoms during other daily activities
2. Specific WRULD
3. Patients with other diseases of loco motor apparatus
4. Pregnant patients
5. Patients on partly or fully sick leave
6. Patients who received already therapy or postural exercise therapy last five years

Date of first enrolment

01/05/2003

Date of final enrolment

28/02/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

University Hospital Maastricht

Maastricht

Netherlands

6202 AZ

Sponsor information

Organisation

University Hospital Maastricht (AZM) (Netherlands)

ROR

<https://ror.org/02d9ce178>

Funder(s)

Funder type

Research organisation

Funder Name

Institute for Rehabilitation Research (Netherlands)

Funder Name

University Hospital Maastricht (AZM) (Netherlands)

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?
Results article	results	01/08/2008		Yes	No
Results article	results	17/11/2009		Yes	No