

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

<b>Submission date</b> 23/08/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/08/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 25/11/2009	<b>Condition category</b> 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

### Contact name

Dr Marjon D.F. van Eijdsen-Besseling

### Contact details

University Hospital Maastricht  
Department of Rehabilitation Medicine  
P.O. Box 5800  
Maastricht  
Netherlands  
6202 AZ  
+31 (0)43 387 5147  
Mvey@frev.azm.nl

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

## 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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Treatment

### Participant information sheet

### 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 measure**

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

**Secondary outcome measures**

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)

**Overall study start date**

01/05/2003

**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

**Age group**

Adult

**Sex**

Not Specified

**Target number of participants**

88

**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)

### Sponsor details

Department of Rehabilitation Medicine

Maastricht

Netherlands

6200 MD

### Sponsor type

Hospital/treatment centre

### Website

<http://www.unimaas.nl/>

### 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

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****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?
<a href="#">Results article</a>	results	01/08/2008		Yes	No
<a href="#">Results article</a>	results	17/11/2009		Yes	No