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A pilot study to compare the energy expenditure of arm-cranking with circuit training at 40% & 70% power output within the first 8 weeks of rehabilitation following spinal cord injury (SCI)

Submission date 28/09/2007	Recruitment status No longer recruiting	 Prospectively registered Protocol
Registration date 28/09/2007	Overall study status Completed	 Statistical analysis plan Results
Last Edited 14/02/2020	Condition category Musculoskeletal Diseases	 Individual participant data Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s) Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers N0209192238

Study information

Scientific Title

A pilot study to compare the energy expenditure of arm-cranking with circuit training at 40% & 70% power output within the first 8 weeks of rehabilitation following spinal cord injury (SCI)

Study objectives

Which method of arm exercise (arm cranking or circuit training) results in the greatest energy expenditure for people following a spinal cord injury (SCI)?

Ethics approval required

Old ethics approval format

Ethics approval(s) Not provided at time of registration

Study design Randomised controlled pilot study

Primary study design Interventional

Secondary study design Randomised controlled trial

Study setting(s) Hospital

Study type(s) Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied

Musculoskeletal Diseases: Spinal cord injury (SCI)

Interventions

Participants will be randomised to receive arm cranking or circuit training first; the second exercise scheme will be used at the second date. Measurement of peak heart rate, peak O2 consumption, energy expenditure and rate of perceived exertion for each exercise regime.

Intervention Type

Other

Phase Not Specified

Primary outcome measure

Peak heart rate, peak O2 consumption, energy expenditure and rate of perceived exertion for each exercise regime.

Secondary outcome measures

Not provided at time of registration

Overall study start date 03/01/2007

Completion date 10/01/2007

Eligibility

Key inclusion criteria

1. Participants must have sustained a spinal cord injury (either complete or incomplete) and have a neurological level at of below C6

2. Must be under care of Rehabilitation Consultant at Royal National Orthopaedic Hospital NHS Trust

3. Over 18 years old

Participant type(s)

Patient

Age group

Adult

Lower age limit 18 Years

Sex Not Specified

Target number of participants 8-10

Key exclusion criteria

Participants with spinal cord injury above C6
 Acute upper limb injury (fracture/ dislocation/ shoulder pain), history of cardiac diseases
 Pressure sore on weight-bearing skin areas

Date of first enrolment

03/01/2007

Date of final enrolment 10/01/2007

Locations

Countries of recruitment England

United Kingdom

Study participating centre Royal National Orthopaedic Hospital Trust Stanmore United Kingdom HA7 4LP

Sponsor information

Organisation Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Sponsor details The Department of Health, Richmond House, 79 Whitehall London United Kingdom SW1A 2NL +44 (0)20 7307 2622 dhmail@doh.gsi.org.uk

Sponsor type Government

Website http://www.dh.gov.uk/Home/fs/en

Funder(s)

Funder type Government

Funder Name

Royal National Orthopaedic Hospital NHS Trust (UK), NHS R&D Support Funding

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