# Effect of physical therapy in patients with shoulder impingement syndrome

<b>Submission date</b> 13/11/2008	<b>Recruitment status</b> No longer recruiting	<ul> <li>Prospectively registered</li> <li>Protocol</li> </ul>
<b>Registration date</b> 23/12/2008	<b>Overall study status</b> Completed	<ul> <li>Statistical analysis plan</li> <li>Results</li> </ul>
Last Edited 23/12/2008	<b>Condition category</b> Musculoskeletal Diseases	<ul> <li>Individual participant data</li> <li>Record updated in last year</li> </ul>

## Plain English summary of protocol

Not provided at time of registration

## **Contact information**

**Type(s)** Scientific

**Contact name** Prof Jo Nijs

## Contact details

Vrije Universiteit Brussel Pleinlaan 2 Brussel Belgium 1050 jo.nijs@vub.ac.be

## Additional identifiers

EudraCT/CTIS number

**IRAS number** 

ClinicalTrials.gov number

Secondary identifying numbers G842

# Study information

#### Scientific Title

Treating patients with shoulder impingement: a single-blind effect study using a scapular stabilisation protocol

#### **Study objectives**

Is a scapular stabilisation programme more effective than usual care in patients with shoulder impingement syndrome?

**Ethics approval required** Old ethics approval format

#### Ethics approval(s)

Medical Ethics Committee of the UZ Brussel University Hospital, Brussels Free University (Vrije Universiteit Brussel), approved on the 15th October 2008 (ref: BUN B14320084388)

#### Study design

Randomised single-blind usual care-controlled multicentre trial

**Primary study design** Interventional

**Secondary study design** Randomised controlled trial

**Study setting(s)** GP practice

**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

Shoulder impingement syndrome

#### Interventions

Nine sessions (approximatly 30 minutes/session; three sessions/week) of usual care (ultrasound [US], transcutaneous electrical nerve stimulation [TENS], stretching, massage) versus nine sessions of scapular motor control training (exercise therapy for scapular stability muscles).

Total duartion of interventions: three weeks/patient.

**Intervention Type** Other

**Phase** Not Applicable

#### Primary outcome measure

The following will be assessed at baseline, after nine therapy sessions and after six months: 1. Pain: Visual Analogue Scale (VAS), Verbal Rating Scale (VRS), Shoulder Disability Questionnaire (SDQ), Hawkins Impingement Test, Neer Impingement Test, the Empty Can Test 2. Mobility: inclinometry 3. Strengh: hand-held dynamometer

#### Secondary outcome measures

The following will be assessed at baseline, after nine therapy sessions and after six months:

- 1. Scapular Assistance Test
- 2. Scapular Reposition Test

Overall study start date 30/11/2008

Completion date 30/09/2009

# Eligibility

#### Key inclusion criteria

1. Both males and females, greater than 18 years of age

2. Primary and secondary impingement

**Participant type(s)** Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

**Target number of participants** 46

#### Key exclusion criteria

- 1. Post-surgical
- 2. Rheumatic arthritis
- 3. Cervical radicular syndromes
- 4. Ruptures
- 5. Less than 18 years of age
- 6. Congenital
- 7. Traumatic
- 8. Instability

#### Date of first enrolment

30/11/2008

Date of final enrolment 30/09/2009

## Locations

**Countries of recruitment** Belgium

**Study participating centre Vrije Universiteit Brussel** Brussel Belgium 1050

## Sponsor information

**Organisation** MSD Europe BVBA (Belgium)

#### Sponsor details

Neringstraat 7 Londerzeel Belgium 1840 +32 (0)52 311 452 info@msd-europe.com

Sponsor type

Industry

Website http://www.msd-europe.com/

ROR https://ror.org/01ptrk735

## Funder(s)

Funder type Industry **Funder Name** MSD Europe BVBA (Belgium)

## **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