

# Does use of a daily muscle stretch regime prevent development contractures and muscle stiffness in stroke patients?

<b>Submission date</b> 30/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/04/2010	<b>Condition category</b> Circulatory System	<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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

# Study information

## Scientific Title

### Study objectives

1. To evaluate the effectiveness of a daily stretch regime in the prevention of muscle stiffness and contracture in the affected arm of patients following stroke
2. To evaluate the acceptability and compliance of a new ward based stretch regime
3. To gain a better understanding of the natural history of the development of muscle stiffness and its relation to reflex hyperexcitability

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Hospital

### Study type(s)

Treatment

### Participant information sheet

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

Stroke

### Interventions

Randomised controlled trial:

1. To evaluate the effectiveness of a daily stretch regime in the prevention of muscle stiffness and contracture in the affected arm of patients following stroke
2. To evaluate the acceptability and compliance of a new ward based stretch regime
3. To gain a better understanding of the natural history of the development of muscle stiffness and its relation to reflex hyperexcitability

In addition to usual care, subjects in the experimental group were prescribed two 30-min stretches for wrist and finger flexors and two 30-min stretches targeting shoulder adductors and

internal rotators, per day for up to 12 weeks post stroke. Stretches were carried out by therapists and nursing staff.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

Measured at four, eight and twelve weeks after stroke:

1. Range of movement
2. Resistance to passive movement
3. Pain
4. Motor recovery
5. Activities of Daily Living (ADL)

**Secondary outcome measures**

No secondary outcome measures

**Overall study start date**

01/01/2001

**Completion date**

31/12/2003

**Eligibility****Key inclusion criteria**

200 adults over 18, mostly elderly.

**Participant type(s)**

Patient

**Age group**

Other

**Sex**

Both

**Target number of participants**

200

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/01/2001

**Date of final enrolment**

31/12/2003

## **Locations**

### **Countries of recruitment**

England

United Kingdom

### **Study participating centre**

**Burden Neurological Institute**

Bristol

United Kingdom

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## **Sponsor information**

### **Organisation**

Department of Health

### **Sponsor details**

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### **Sponsor type**

Government

### **Website**

<http://www.dh.gov.uk/Home/fs/en>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

North Bristol NHS Trust (UK)

# 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	01/09/2005		Yes	No