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

Submission date 30/09/2005	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 30/09/2005	**Overall study status** Completed	
Last Edited 07/04/2010	**Condition category** Circulatory System	

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

N0234077966

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
BS16 1ND

Sponsor information

Organisation
Department of Health

Sponsor details
Richmond House
79 Whitehall
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United Kingdom
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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?
Results article	results	01/09/2005		Yes	No