

# The effect of ergonomics orientation and motor control exercises in patients with work-related upper extremity disorders (WRUED)

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 29/04/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 04/10/2011	<b>Condition category</b> Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

# Study information

## Scientific Title

Randomised and controlled study of the effect of ergonomics orientation and motor control exercises in patients with WRUED

## Study objectives

1. The treatment with motor control exercises and ergonomics orientation is better than the treatment with ergonomics orientation only.
2. The treatment with motor control exercises relieves the pain and improves the Work Ability Index (WAI) in patients with WRUED.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

The Committee of Ethics in Research in Human Beings of Propesq (UFJF) approve on the 27th of July 2009 (ref 130/2009)

## Study design

Single centre randomised active controlled parallel group trial

## 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 contact details below to request a patient information sheet

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

Work-related upper extremity disorders (WRUED)

## Interventions

A group will receive ergonomics orientation and another will receive ergonomics orientation and motor control training for movement re-education. Both groups will be followed-up for 4 weeks and will be reassessed after 2 weeks as well as on the last day of follow-up so as to verify the effects of the ergonomics orientation and of the ergonomics orientation plus the motor control training in terms of pain, movements and work ability. The ergonomics orientation and motor control training group will do personalised therapeutic exercises aiming to increase strength, muscular length and motor control, according to the diagnosis of imperfect movements.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

Pain, assessed through the Visual Analogue Pain Scale (VAS)

**Secondary outcome measures**

Work Ability Index validated in Brazil

**Overall study start date**

20/08/2010

**Completion date**

20/04/2011

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

1. Patients, either sex, aged between 20 and 55, with specific or non specific WRUED who complain about pain in the cervical area, shoulders, elbow, forearm, wrist and hands and have difficulty to make work-related as well as daily life movements for at least 6 months.
2. Patients who have agreed to interrupt the traditional physiotherapeutic treatment and to participate in this study for 4 weeks.
3. Patients who have painless movement in at least 60% of the normal range of movement of the glenohumeral joint for flexion and rotation.

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

60

**Key exclusion criteria**

1. Patients in the acute stage, which is defined by flogistic signs and limitation of the range of movement in the initial angles due to pain.
2. Patients submitted to surgery due to WRUED.
3. Patients with established diagnosis of the following:
  - 3.1. Cervical discopathies
  - 3.2. Neurological diseases
  - 3.3. Fibromyalgia and rheumatic diseases
  - 3.4. Cancer

3.5. Severe psychiatric disease

3.6. Pregnancy

3.7. Hypermobility syndrome

**Date of first enrolment**

20/08/2010

**Date of final enrolment**

20/04/2011

## **Locations**

**Countries of recruitment**

Brazil

**Study participating centre**

**Rua José Esteves de Oliveira 75/303**

Juiz de Fora - Minas gerais

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## **Sponsor information**

**Organisation**

Federal University of Juiz de Fora (Brazil)

**Sponsor details**

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**Sponsor type**

University/education

**Website**

<http://www.ufjf.br>

**ROR**

<https://ror.org/04yqw9c44>

# Funder(s)

## Funder type

University/education

## Funder Name

Federal University of Juiz de Fora (Brazil)

# 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