

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

Submission date 17/04/2010	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 29/04/2010	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 04/10/2011	Condition category 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

Protocol serial number

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

Study type(s)

Treatment

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(s)

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

Key secondary outcome(s)

Work Ability Index validated in Brazil

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

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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
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Sponsor information

Organisation
Federal University of Juiz de Fora (Brazil)

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

Funder(s)

Funder type
University/education

Funder Name
Federal University of Juiz de Fora (Brazil)

Results and Publications

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes