

Effect of orthoses in hand osteoarthritis

Submission date 03/11/2008	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 11/12/2008	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 27/08/2014	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<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

Protocol serial number

N/A

Study information

Scientific Title

Effect of prefabricated orthoses for persons with osteoarthritis of the carpometacarpal joint: a randomised controlled trial

Acronym

HandOAorthoses

Study objectives

Primary question:

Is the use of prefabricated orthoses combined with hand exercises more effective to relieve pain and improve hand function in persons with osteoarthritis in the carpometacarpal (CMC1) joint, than hand exercises alone?

Secondary question:

Is the use of prefabricated orthoses combined with hand exercises more effective to increase hand strength in persons with osteoarthritis in the CMC1 joint, than hand exercises alone?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethical Committee for Medical Research, 24/09/2008, ref: 413-08-00056, and the Norwegian Data Inspectorate

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Osteoarthritis of the carpometacarpal joint

Interventions

Provision of orthoses:

Participants in group 1 are provided with a prefabricated orthosis, aimed at giving support to the CMC1 joint. Participants with an adduction contracture are offered a custom-made orthosis to wear routinely at night.

Hand exercises:

All participants (group 1 and group 2) are instructed in four basic hand exercises, aimed at improving or maintaining joint mobility, joint stability and hand strength. They are given a leaflet with descriptions and pictures of the exercises, and instructed to perform the exercises twice a day.

Patients in group 2 will be offered orthoses at two months follow-up.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Assessed at baseline and after two months:

1. Hand pain measured on visual analogue scales
2. Function in performance of daily activities, measured by the MAP-hand

Key secondary outcome(s)

Assessed at baseline and after two months:

1. Hand strength, measured with the Grippit
2. Hand function, measured with the pain, stiffness and function subscales of the Australian /Canadian hand osteoarthritis measure (AUSCAN)
3. Abduction of the thumb, measured with Gripsizer
4. Patient-acceptable symptoms, measured with the Patient Acceptable Symptom State (PASS)
5. General function, measured with the Modified Health Questionnaire (MHAQ)
6. Quality of life, European Quality of Life questionnaire (EuroQoL EQ-5D)
7. Self-efficacy in relation to pain, measured with the Arthritis Self Efficacy Pain Subscale

Assessed after two months only:

8. Costs
9. Participants' experiences with prefabricated orthoses and hand exercises (structured interview with participants in group 1)

Completion date

31/12/2010

Eligibility

Key inclusion criteria

1. Aged from 18 to 75 years, either sex
2. Hand osteoarthritis
3. Pain in the carpometacarpal joint
4. Ability to communicate in Norwegian

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Cognitive impairment or mental disease
2. Past surgery of the thumb
3. Impaired hand function due to other diseases
4. Steroid injections within the last month

Date of first enrolment

15/11/2008

Date of final enrolment

31/12/2010

Locations

Countries of recruitment

Norway

Study participating centre

Diakonhjemmet Hospital

Oslo

Norway

0319

Sponsor information

Organisation

Diakonhjemmet Hospital (Norway)

ROR

<https://ror.org/02jvh3a15>

Funder(s)

Funder type

Research organisation

Funder Name

National Resource Centre for Rehabilitation in Rheumatology (Norway)

Funder Name

Norwegian Association of Occupational Therapists (Norsk Ergoterapeutforbund [NETF])
(Norway)

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?
Results article	results	01/01/2014		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes