

# The effects of upper-limb aerobic exercise training on walking performance and lower limb circulatory function in patients with peripheral arterial disease

<b>Submission date</b> 24/08/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 27/09/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 04/01/2011	<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

### Contact name

Dr John Saxton

### Contact details

Centre for Sport and Exercise Science  
Sheffield Hallam University  
Collegiate Crescent Campus  
Sheffield  
United Kingdom  
S10 2BP

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

## Study information

### Scientific Title

### Study objectives

1. Upper-limb aerobic exercise training will evoke a significant improvement in walking performance in comparison to usual patient care.
2. Upper-limb aerobic exercise training will evoke a significant improvement in lower-limb circulatory function in comparison to usual patient care.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Ethics approval granted by the South Sheffield Research Ethics Committee on 23/06/06 (reference number: 05/Q2305/128).

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Quality of life

### Participant information sheet

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

Peripheral arterial disease (intermittent claudication)

### Interventions

Upper-limb aerobic exercise intervention (arm-cranking exercise training, twice per week for 12 weeks) versus usual patient care.

### Intervention Type

Other

### Phase

Not Specified

**Primary outcome measure**

Walking performance.

**Secondary outcome measures**

Changes in lower-limb circulatory function.

**Overall study start date**

01/09/2006

**Completion date**

31/08/2007

## **Eligibility**

**Key inclusion criteria**

1. Symptoms of intermittent claudication for at least 12 months
2. Ankle Brachial Pressure Index (ABPI) more than 0.9
3. No interventional procedure in last 12 months
4. Ability to undertake exercise
5. No exercise-limiting angina
6. No shortness of breath
7. No severe arthritis

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Both

**Target number of participants**

30

**Key exclusion criteria**

1. Experiencing symptoms of intermittent claudication for less than 12 months
2. Reporting a significant change in walking ability during previous 12 months, denoting unstable claudication
3. Exhibiting features of critical limb ischaemia
4. Re-vascularisation procedure or other surgical intervention to the lower limbs in the previous 12 months
5. Severe arthritis
6. Unstable cardiopulmonary conditions such as shortness of breath or exercise-limiting angina

**Date of first enrolment**

01/09/2006

**Date of final enrolment**

31/08/2007

# Locations

## Countries of recruitment

England

United Kingdom

## Study participating centre

**Centre for Sport and Exercise Science**

Sheffield

United Kingdom

S10 2BP

# Sponsor information

## Organisation

Sheffield Hallam University (UK)

## Sponsor details

Centre for Sport and Exercise Science

Collegiate Crescent Campus

Sheffield

England

United Kingdom

S10 2BP

## Sponsor type

University/education

## ROR

<https://ror.org/019wt1929>

# Funder(s)

## Funder type

University/education

## Funder Name

Sheffield Hallam University (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	21/09/2009		Yes	No