ISRCTN50394448 https://doi.org/10.1186/ISRCTN50394448

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

| Submission date | Recruitment status | [_] Prospectively registered |
|---|---|---|
| 24/08/2006 | No longer recruiting | [_] Protocol |
| **Registration date** | **Overall study status** | [_] Statistical analysis plan |
| 27/09/2006 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [_] Individual participant data |
| 04/01/2011 | Circulatory System | |

**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

**Protocol serial number**
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 exerise 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

### Study type(s)
Quality of life

### 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(s)
Walking performance.

### Key secondary outcome(s))
Changes in lower-limb circulatory function.

### 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

### Healthy volunteers allowed
No

### Age group
Not Specified

### Sex
All

### 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
United Kingdom

England

### Study participating centre
### Centre for Sport and Exercise Science
Sheffield
United Kingdom
S10 2BP

# Sponsor information

**Organisation**
Sheffield Hallam University (UK)

**ROR**
https://ror.org/019wt1929

# Funder(s)

**Funder type**
University/education

**Funder Name**
Sheffield Hallam University (UK)

# 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 | 21/09/2009 | | Yes | No |