

# A randomised trial of heavy-load eccentric calf muscle training versus ultrasound therapy for chronic Achilles tendon pain

<b>Submission date</b> 30/09/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/09/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 28/07/2008	<b>Condition category</b> 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

### Contact name

Mr Matthew Costa

### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0547126170

## Study information

### Scientific Title

### Study objectives

Does heavy eccentric loading exercises improve chronic achilles tendon pain?

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised controlled pilot study

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Treatment

### Participant information sheet

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

Achilles tendon

### Interventions

1. Heavy-load eccentric calf muscle training
2. Ultrasound therapy

### Intervention Type

Other

### Phase

Not Specified

### Primary outcome measure

Change in visual analogue pain scores (VAS) between pre-treatment and 12 weeks

### Secondary outcome measures

Change in FILLA and EuroQol scores and clinical parameters, between pre-treatment and 12 weeks and 52 weeks.

**Overall study start date**

01/11/2002

**Completion date**

01/11/2004

## **Eligibility**

**Key inclusion criteria**

60 patients, 30 controls

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

90

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/11/2002

**Date of final enrolment**

01/11/2004

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Associate Professor Trauma and Orthopaedics Warwick Medical School**

Coventry

United Kingdom

CV2 2DX

# Sponsor information

## Organisation

Department of Health

## Sponsor details

Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL

## Sponsor type

Government

## Website

<http://www.dh.gov.uk/Home/fs/en>

# Funder(s)

## Funder type

Government

## Funder Name

East Norfolk and Waveney Research Consortium (UK) - Norfolk and Norwich University Hospital /Norwich PCT

# 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?
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[Results article](#)

results

01/12/2008

Yes

No