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Physical exercise for rehabilitation of neck /shoulder muscle pain: how little is enough?

Submission date
28/07/2009

Recruitment status
No longer recruiting

Registration date
18/09/2009

Overall study status
Completed

Last Edited
20/11/2012

Condition category
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] 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
Dose-response of specific strength training for rehabilitation of neck/shoulder muscle pain: a randomised single-blind controlled trial

Study objectives

Participants randomised to specific strength training for 5 x 2 minutes per week and 5 x 12 minutes per week will report better relief of neck/shoulder muscle pain compared with a control group.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Local Ethical Committee of Copenhagen and Frederiksberg, Denmark, approved in November 2008 (ref: HC-2008-103). Approval of supplementary protocol: 9th March 2009.

Study design
Randomised single-blind controlled intervention trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Musculoskeletal disorders

Interventions
The intervention will last 10 weeks. Employees randomised to specific strength training will be offered 5 x 2 minutes per week or 5 x 12 minutes per week for 10 weeks of specific strength training for the neck/shoulder muscles. Participants randomised to the control group will receive information on various aspects of general health.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Subjective pain, measured weekly throughout the 10 week intervention period
2. Clinical findings, measured twice; before and after the intervention period
3. Muscle strength, measured twice; before and after the intervention period

Key secondary outcome(s))
1. Other subjective health complaints, measured twice; before and after the intervention period
2. Compliance, measured weekly throughout the 10 week intervention period

Completion date
15/12/2009

Eligibility

Key inclusion criteria
1. Generally healthy workers
2. Aged 25 - 65 years, either sex
3. Palpable tenderness of the neck/shoulder muscles
4. An anamnestic history of neck/shoulder pain for at least 30 days during last year
5. Reported neck/shoulder pain intensity of at least 2 on a scale of 0 - 10

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Trauma
2. Pregnancy
3. Life threatening diseases
4. Blood pressure above 160/100 mmHg
5. Other known serious disorders, e.g. fibromyalgia or rheumatoid arthritis

Date of first enrolment
01/08/2009

Date of final enrolment
15/12/2009

Locations

Countries of recruitment
Denmark

Study participating centre
Lersø Parkalle 105
Copenhagen
Denmark
2100

Sponsor information

Organisation
The National Research Centre for the Working Environment (Denmark)

ROR
https://ror.org/03f61zm76

Funder(s)

Funder type
Research organisation

Funder Name
The National Research Centre for the Working Environment (Denmark)

Funder Name
The Danish Rheumatism Association (Denmark) (ref: R68-A993)

Funder Name
Hygenic Corporation (USA)

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	01/09/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes