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

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|---|---|---|
| **Submission date**<br>28/07/2009 | **Recruitment status**<br>No longer recruiting | [_] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[X] Results<br>[_] Individual participant data |
| **Registration date**<br>18/09/2009 | **Overall study status**<br>Completed | |
| **Last Edited**<br>20/11/2012 | **Condition category**<br>Musculoskeletal Diseases | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
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

## Secondary study design
Randomised controlled trial

## Study setting(s)
Other

## Study type(s)
Treatment

## Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

## 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 measure

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

### Secondary outcome measures
1. Other subjective health complaints, measured twice; before and after the intervention period
2. Compliance, measured weekly throughout the 10 week intervention period

### Overall study start date
01/08/2009

### 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

### Age group
Adult

### Sex
Both

### Target number of participants
180

### 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)

**Sponsor details**
Lersø Parkalle 105
Copenhagen
Denmark
2100

**Sponsor type**
Research organisation

**Website**
http://www.arbejdsmiljoforskning.dk

**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

## 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? |
|---|---|---|---|---|---|
| Results article | results | 01/09/2012 | | Yes | No |