

An investigation into the influence of eccentric muscle strengthening exercise on hamstring muscle length measures

Submission date 28/09/2007	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 28/09/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 18/10/2011	Condition category 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

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0016186032

Study information

Scientific Title

Study objectives

To investigate if a 10 week specific (eccentric) exercise strengthening programme directed at the hamstring muscles, will result in a change to hamstring muscle length measures, indicating an increase in hamstring muscle length.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Musculoskeletal Diseases: Muscle strengthening

Interventions

Muscle strengthening exercise vs standard treatment

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Knee range of motion, modified knee extension test, cybex measurements, ultrasound scan

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/09/2006

Completion date

01/03/2007

Eligibility

Key inclusion criteria

Healthy volunteers aged 20-50

Participant type(s)

Healthy volunteer

Age group

Adult

Sex

Not Specified

Target number of participants

Not provided at time of registration

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/09/2006

Date of final enrolment

01/03/2007

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Physiotherapy

London

United Kingdom

W6 8RF

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Sponsor details

The Department of Health, Richmond House, 79 Whitehall

London

United Kingdom

SW1A 2NL

+44 (0)20 7307 2622

dhmail@doh.gsi.org.uk

Sponsor type

Government

Website

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

Funder(s)

Funder type

Government

Funder Name

Hammersmith Hospital NHS Trust (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?
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[Results article](#)

results

01/04/2009

Yes

No