

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

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

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### Contact details

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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

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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