

A randomised controlled trial of a home based, targeted progressive exercise programme aimed at improving endurance and function in adults with muscular dystrophy (MD).

Submission date 30/09/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 30/09/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 03/07/2008	Condition category Musculoskeletal Diseases	<input type="checkbox"/> 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

N0176140663

Study information

Scientific Title

Study objectives

The study sets out to examine the effect of a targeted aerobic exercise programme in adults with muscular dystrophy who are able to walk at least 10 metres but have some gait impairment. In adults with muscular dystrophy, will a targeted home based progressive exercise programme aimed at improving endurance:

1. Improve mobility (walking distance and speed)
2. Decrease fatigue
3. Improve muscle function (increase muscle strength, speed and power)
4. Improve aerobic fitness
5. Improve perceived performance in specifically targeted functional activities?

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

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Musculoskeletal Diseases: Muscular dystrophy (MD)

Interventions

Home based exercise programme vs no home based exercise programme

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Primary and secondary outcome measures 8 weeks following treatment intervention, and then after another 8 weeks.

Key secondary outcome(s))

Not provided at time of registration

Completion date

01/12/2004

Eligibility

Key inclusion criteria

Adults with Muscular Dystrophy of 16 years and above with some gait impairment and perceived reduced mobility and function that are able to walk at least 10m (aids permitted). Perceived mobility and perceived functional impairment of the lower limb.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Not Specified

Key exclusion criteria

Unable to meet the inclusion criteria or those unwilling or unable to undertake the programme

Date of first enrolment

01/04/2004

Date of final enrolment

01/12/2004

Locations

Countries of recruitment

United Kingdom

Study participating centre

School of Biological & Molecular Sciences

Oxford

United Kingdom

OX3 0B

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type

Government

Funder Name

Oxford Radcliffe Hospitals NHS Trust (UK)

Funder Name

NHS R&D Support Funding

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	01/08/2006		Yes	No