

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

<b>Submission date</b> 30/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 03/07/2008	<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**

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

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

Not specified

### **Study type(s)**

Not Specified

### **Participant information sheet**

### **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 measure**

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

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/04/2004

**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

**Age group**

Adult

**Sex**

Not Specified

**Target number of participants**

20 patients, 20 control patients, total 40

**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

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## **Sponsor information**

**Organisation**

Department of Health

**Sponsor details**

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**Sponsor type**

Government

**Website**

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

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Oxford Radcliffe Hospitals NHS Trust (UK)

**Funder Name**

NHS R&D Support Funding

# 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?
<a href="#">Results article</a>	results	01/08/2006		Yes	No