

# Exercise training early after stroke: a feasibility study

<b>Submission date</b> 30/04/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/04/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 22/11/2011	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

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

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr M J Leathley

**Contact details**  
Clinical Practice Research Unit  
Department of Nursing  
University of Central Lancashire  
Preston  
United Kingdom  
PR1 2HE  
+44 (0) 1772 893647  
mjleathley@uclan.ac.uk

## Additional identifiers

**Protocol serial number**  
AP0875

## Study information

**Scientific Title**

## **Study objectives**

### **Hypothesis:**

It is practical for all stroke patients to undertake early exercise training (ET), regardless of level of impairment.

### **Brief summary:**

Patients meeting the inclusion criteria will be randomised into one of two groups, usual care or intervention (ET). In addition to usual care, patients in the ET group will be individually taught a series of basic exercise activities for the arms and legs which can be done lying, sitting or standing, depending upon which of these positions the patient can maintain and prefers. Patients will be encouraged to perform those activities which they can, for up to 30 minutes 3 times per week. Once patients are confident of the activities they will be given simple, quirky prompts to remind them what to do. Data will be collected at baseline and at 3 months post-stroke.

## **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)**

Treatment

## **Health condition(s) or problem(s) studied**

Stroke

## **Interventions**

Patients meeting the inclusion criteria will be randomised into one of two groups, usual care or intervention. The patients in the intervention group, will, in addition to their usual therapy, be taught a series of basic exercise activities for the arms and legs. Patients will be encouraged to perform the exercises for up to 30 minutes, three times per week.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

Arm and leg function: the Motor Assessment Scale

## **Key secondary outcome(s))**

1. Functional dependence: the Barthel Index
2. Psychological well-being: the GHQ 12 questionnaire

3. Tone: the modified Ashworth Scale
4. Power: the Medical Research Council Scale
5. Hand posture: the Tod Scale
6. A qualitative assessment of attitudes of patients, carers and staff to exercise training

**Completion date**

30/09/2003

## Eligibility

**Key inclusion criteria**

1. Diagnosis of stroke
2. Surviving to week two
3. Still in hospital
4. Medically stable
5. Able to follow simple verbal instructions
6. 18 years of age and over, either sex

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Non-stroke
2. Died or care transferred into the community before week 2
3. Medically unstable
4. Unable to follow simple verbal instructions
5. Under 18 years of age
6. Non-consent

**Date of first enrolment**

01/09/2002

**Date of final enrolment**

30/09/2003

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**  
**Clinical Practice Research Unit**  
Preston  
United Kingdom  
PR1 2HE

## Sponsor information

**Organisation**  
Action Medical Research (UK)

**ROR**  
<https://ror.org/01wcqa315>

## Funder(s)

**Funder type**  
Charity

**Funder Name**  
Action Medical Research (UK)

**Alternative Name(s)**  
action medical research for children, actionmedres, The National Fund for Research into Crippling Diseases, AMR

**Funding Body Type**  
Private sector organisation

**Funding Body Subtype**  
Trusts, charities, foundations (both public and private)

**Location**  
United Kingdom

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**