

Vibratory exercise to prevent falls and osteoporosis in older women in primary care

Submission date 18/06/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 14/07/2006	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 28/10/2008	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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
15/04

Study information

Scientific Title

Acronym

EVCOM/15/04

Study objectives

1. Vibratory exercise reduces bone loss more than walk-based exercise
2. Vibratory exercise maintains the fitness (balance, lower limbs strength etc.) more than walk-based exercise

Ethics approval required

Old ethics approval format

Ethics approval(s)

Bioethical Committee of the University of Extremadura on 15/09/2004, reference number 15/04

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Prevention

Participant information sheet

Health condition(s) or problem(s) studied

Prevention of falls and osteoporosis in postmenopausal women

Interventions

1. Intervention group: eight months of vibratory exercise
2. Control group: eight months of walk-based exercise

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

1. Bone mass density (dual energy x-ray absorptiometry [DEXA] technique)
2. Fitness (balance, isokinetic strength, vertical jump, walking speed, stairs climbing)

Secondary outcome measures

Health-related quality of life (EQ-5D, short-form-36 questionnaire [SF-36])

Overall study start date

01/11/2004

Completion date

01/07/2005

Eligibility

Key inclusion criteria

Women older than 60 years old

Participant type(s)

Patient

Age group

Senior

Sex

Female

Target number of participants

36

Key exclusion criteria

1. Contraindications to physical exercise
2. Disease or drugs treatment that could influence measures such as bone metabolism or strength
3. Other physical or psychological therapies
4. Cognitive disease
5. Nutritional deficit in vitamin D or calcium
6. Smoking or alcohol consumption

Date of first enrolment

01/11/2004

Date of final enrolment

01/07/2005

Locations

Countries of recruitment

Spain

Study participating centre
Faculty of Sports Sciences
Caceres
Spain
10071

Sponsor information

Organisation

University of Extremadura (Spain)

Sponsor details

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Sponsor type

University/education

Website

<http://www.unex.es>

ROR

<https://ror.org/0174shg90>

Funder(s)

Funder type

Government

Funder Name

Health Department of Junta de Extremadura: Sociosanitary Research (SCSS0466) - Spain

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?
Results article	results	30/11/2006		Yes	No