

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

<b>Submission date</b> 18/06/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 14/07/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 28/10/2008	<b>Condition category</b> 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  
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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?
<a href="#">Results article</a>	results	30/11/2006		Yes	No