

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

Protocol serial number
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

Study type(s)

Prevention

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(s)

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

Key secondary outcome(s)

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

Completion date

01/07/2005

Eligibility

Key inclusion criteria

Women older than 60 years old

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

Female

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)

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

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