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Exercise therapy for shoulder impingement syndrome

Submission date
28/09/2007

Recruitment status
No longer recruiting

Registration date
28/09/2007

Overall study status
Completed

Last Edited
23/04/2021

Condition category
Musculoskeletal Diseases

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
The rotator cuff tendon is a cord connecting the muscles in your shoulder to the top of your arm. In shoulder impingement syndrome, the rotator cuff tendon becomes trapped and scrapes against the bone above, causing pain. The main recommended treatment is to use exercise to strengthen the rotator cuff muscles. The aim of this study was to compare the effects of three different exercise programmes.

Who can participate?
Patients who had shown signs of shoulder impingement syndrome for at least 3 months.

What does the study involve?
Participants were randomly allocated to one of the three different exercise programmes for 6 weeks. Participants were advised to exercise twice per day and keep a diary, and completed questionnaires to assess changes in pain and disability at the start and end of the study.

What are the possible benefits and risks of participating?
The results of this study will help us to develop more efficient exercise programmes that will speed up recovery and treatment for shoulder impingement syndrome. A few participants experienced some pain when exercising.

Where is the study run from?
North Manchester General Hospital (UK).

When is the study starting and how long is it expected to run for?
From October 2005 to October 2009.

Who is funding the study?
North Manchester General Hospital (UK).

Who is the main contact?
Stuart Heron
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Contact information

Type(s)
Scientific

Contact name
Mr Stuart Heron

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N0155182845

Study information

Scientific Title
Exercise therapy for shoulder impingement syndrome

Study objectives
To determine the effectiveness of 3 different exercise programmes used to treat chronic shoulder impingement syndrome?

Ethics approval required
Old ethics approval format

Ethics approval(s)
North Manchester LREC (UK), 14/11/2005, ref: 05/Q1406/90

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Hospital

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet'

Health condition(s) or problem(s) studied
Musculoskeletal Diseases: Shoulder pain

Interventions
The intervention arms are three different exercise programmes: open kinetic chain strengthening, closed kinetic chain strengthening and range of motion.

Intervention Type
Behavioural

Primary outcome measure
Effectiveness in reduction of shoulder impingement. Primary outcome measures are shoulder pain and disability index.

Secondary outcome measures
1. EuroQol Visual analogue scores
2. Exercise diary sheets
3. Perceived treatment efficacy

Overall study start date
31/10/2005

Completion date
31/10/2009

Eligibility

Key inclusion criteria
Patients with chronic shoulder impingement syndrome (longer than 3 months)

Participant type(s)
Patient

Age group
Not Specified

Sex

Not Specified

Target number of participants
169

Key exclusion criteria
1. Shoulder pain of less than 3 months' duration
2. Cervical radiculopathy
3. Reduced passive glenohumeral joint range
4. Inflammatory arthritis
5. Known psychiatric disorder
6. Known neurological condition

Date of first enrolment
31/10/2005

Date of final enrolment
31/10/2009

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
North Manchester General Hospital
Manchester
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M8 5RB

Sponsor information

Organisation
Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Sponsor details
The Department of Health, Richmond House, 79 Whitehall
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Sponsor type
Government

Website
http://www.dh.gov.uk/Home/fs/en

Funder(s)

Funder type
Government

Funder Name
Pennine Acute Hospitals NHS Trust (UK), 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?
Abstract results				No	No
Results article		01/06/2017	23/04/2021	Yes	No