# Exercise therapy for shoulder impingement syndrome

Submission date	Recruitment status	Prospectively registered		
28/09/2007	No longer recruiting	☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
28/09/2007	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
23/04/2021	Musculoskeletal Diseases			

### 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 stuart.heron@pat.nhs.uk

# Contact information

## Type(s)

Scientific

#### Contact name

Mr Stuart Heron

#### Contact details

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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 United Kingdom 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 London United Kingdom SW1A 2NL +44 (0)20 7307 2622 dhmail@doh.gsi.org.uk

### 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