

# Exercise therapy for shoulder impingement syndrome

<b>Submission date</b> 28/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 23/04/2021	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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

## Contact details

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# Additional identifiers

## Protocol serial number

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

## Study type(s)

Treatment

## 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(s)**

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

## **Key secondary outcome(s)**

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

## **Completion date**

31/10/2009

## **Eligibility**

### **Key inclusion criteria**

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

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Not Specified

### **Sex**

Not Specified

### **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

United Kingdom

England

## 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

# Funder(s)

## Funder type

Government

## Funder Name

Pennine Acute Hospitals NHS Trust (UK), NHS R&D Support Funding

# 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?
<a href="#">Results article</a>		01/06/2017	23/04/2021	Yes	No
<a href="#">Abstract results</a>				No	No