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Exercise therapy for patello-femoral pain syndrome (PFPS): a randomised clinical trial in general practice and sports medicine

Submission date
16/07/2005

Recruitment status
No longer recruiting

Registration date
21/10/2005

Overall study status
Completed

Last Edited
26/10/2009

Condition category
Musculoskeletal Diseases

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
945-04-356

Study information

Scientific Title

Acronym
PEX-study

Study objectives
1. What is the effectiveness of advice and information by the physician in combination with supervised exercise therapy in patients with PFPS in general practice and sports clinics compared to advice and information by the physician only?
2. What is the cost-effectiveness of advice and information by the physician in combination with supervised exercise therapy in patients with PFPS in general practice and sports clinics compared to advice and information by the physician only?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Patello-femoral pain syndrome

Interventions
6 + 6 weeks exercise therapy (standardised) with initial supervison of physical therapist plus advice and information by the physician versus advice and information by the physician only

Intervention Type
Other

Phase

Not Specified

Primary outcome measure
1. Level of pain
2. Knee function
3. Subjective improvement

Secondary outcome measures
Cost-utility (economical evaluation)

Overall study start date
01/04/2005

Completion date
03/06/2007

Eligibility

Key inclusion criteria
Patients with patello-femoral pain syndrome aged 15-40 years

Participant type(s)
Patient

Age group
Adult

Sex
Both

Target number of participants
136

Key exclusion criteria
1. Prior exercise therapy
2. Other knee problems (trauma, surgery, etc.)

Date of first enrolment
01/04/2005

Date of final enrolment
03/06/2007

Locations

Countries of recruitment
Netherlands

Study participating centre
Erasmus MC - University Medical Center Rotterdam
Rotterdam
Netherlands
3015 GE

Sponsor information

Organisation
Netherlands Organisation for Health Research and Development (ZonMw)

Sponsor details
Postbus 93245
Den Haag
Netherlands
2509 AE

Sponsor type
Research organisation

Website
http://www.zonmw.nl

ROR
https://ror.org/01yaj9a77

Funder(s)

Funder type
Research organisation

Funder Name
Netherlands Organisation for Health Research and Development (ZonMw) project number 945-04-356

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?
Protocol article	protocol	17/03/2006		Yes	No
Results article	results	20/10/2009		Yes	No