

Cost-utility and efficacy of a home-based exercise program in poliomyelitis survivors

Submission date 07/08/2007	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 19/09/2007	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 30/08/2011	Condition category Infections and Infestations	☐ Individual participant data
		☐ Record updated in last year

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
16/2006

Study information

Scientific Title

Study objectives

1. A home-based exercise program is effective in improving health-related quality of life, neuromuscular function and fitness in paralytic poliomyelitis survivors
2. A home-based exercise program is cost-effective compared to usual care in paralytic poliomyelitis survivors

Ethics approval required

Old ethics approval format

Ethics approval(s)

Bioethical Committee of University of Extremadura, approved on 25 May 2006 (ref: 16/2006)

Primary study design

Interventional

Study design

Randomised controlled trial.

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Poliomyelitis

Interventions

Participants will be randomised to the experimental and control groups (usual care). The experimental group of participants will be asked to perform 3 months of home-based physical exercises including two one-hour sessions per week. They will be instructed by a sport sciences graduate to perform progressive (set of 10 to 30 repetitions) strength-resistance exercises (flexion and extension of trunk and limbs; abduction and adduction of shoulder).

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

The following will be measured at 0 (before start), 3 (end of exercise period) and 6 months (detraining in intervention group):

1. Health related quality of life (the EQ-5D questionnaire, 15-D instrument and the 36-item Short Form health survey [SF-36])
2. Sanitary costs (consultations, medication, health utilities, cost of program)
3. Back disorders (Roland Morris Scale)
4. Fatigue scale (FSS)
5. Neuromuscular function - isokinetic dynamometry: moment of force and power (root mean square electromyogram [EMGrms])
6. Fitness (strength, flexibility, balance, 6 min walk test, body composition)

Key secondary outcome(s)

Validity and reliability of instruments (fitness tests that will be used in this sub-population for the first time) in poliomyelitis.

Completion date

20/12/2007

Eligibility

Key inclusion criteria

Paralytic poliomyelitis survivors with one (or two) lower limb affected more than twenty years ago, recruited through local associations.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

All

Key exclusion criteria

1. Medical contraindication to physical exercise
2. Doing regular physical exercise within 6 month before trial

Date of first enrolment

20/08/2007

Date of final enrolment

20/12/2007

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

Ministry of Work and Social Affairs (IMSERSO) (Spain) (ref: 118/06)

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes