

# Effectiveness exercise therapy in beginning non-specific Work-Related Upper Limb Disorders (WRULD)

**Submission date**  
23/08/2007

**Recruitment status**  
No longer recruiting

Prospectively registered

Protocol

**Registration date**  
23/08/2007

**Overall study status**  
Completed

Statistical analysis plan

Results

**Last Edited**  
25/11/2009

**Condition category**  
Musculoskeletal Diseases

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

### Protocol serial number

NTR1022

## Study information

Scientific Title

Postural exercise therapy according to Cesar/Mensendieck and physiotherapy are equally effective on beginning non-specific work-related upper limb disorders in VDU-workers: a controlled, randomised trial with follow-up of one year

## **Acronym**

WRULD

## **Study objectives**

Is postural exercise therapy according to Cesar/Mensendieck more effective in reducing pain, improving functional level and health related quality of life in Visual Display Unit (VDU)-workers with beginning non-specific Work-Related Upper Limb Disorders (WRULD) when compared to usual physiotherapy?

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Ethics approval received from the local medical ethics committee

## **Study design**

Randomised, active controlled, parallel group trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Non-specific Work-Related Upper Limb Disorders (WRULD)

## **Interventions**

Postural exercise therapy according to Cesar/Mensendieck (experimental group) and usual physiotherapy (control group), both during 10 weeks.

## **Intervention Type**

Other

## **Phase**

Not Specified

## **Primary outcome(s)**

1. Horizontal numerical Visual Analogue 10 cm Scale (VAS) according to Jensen
2. Dichotomous question: do you still suffer from WRULD? Yes/no

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

1. On disability level Disabilities of Arm, Shoulder, Hand (DASH)
2. Health related quality of life by the 36-item Short Form health survey (SF-36)

## **Completion date**

28/02/2006

## Eligibility

### Key inclusion criteria

1. Being VDU-worker (at least four hours Personal Computer [PC] per day) at the time of first complaints and being employed in present job for at least three months
2. Non-specific WRULD symptoms exist greater than two weeks and less than three months and are purely related to PC work
3. Aged between 20 and 45 years

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Adult

### Sex

Not Specified

### Key exclusion criteria

1. WRULD symptoms during other daily activities
2. Specific WRULD
3. Patients with other diseases of loco motor apparatus
4. Pregnant patients
5. Patients on partly or fully sick leave
6. Patients who received already therapy or postural exercise therapy last five years

### Date of first enrolment

01/05/2003

### Date of final enrolment

28/02/2006

## Locations

### Countries of recruitment

Netherlands

### Study participating centre

University Hospital Maastricht

Maastricht

Netherlands

6202 AZ

# Sponsor information

## Organisation

University Hospital Maastricht (AZM) (Netherlands)

## ROR

<https://ror.org/02d9ce178>

# Funder(s)

## Funder type

Research organisation

## Funder Name

Institute for Rehabilitation Research (Netherlands)

## Funder Name

University Hospital Maastricht (AZM) (Netherlands)

# 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>	results	01/08/2008		Yes	No
<a href="#">Results article</a>	results	17/11/2009		Yes	No