

# Eccentric training for the prevention of injuries in the neck-shoulder region

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|----------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Submission date</b><br>11/01/2013   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered<br><input type="checkbox"/> Protocol                       |
| <b>Registration date</b><br>13/02/2013 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Statistical analysis plan<br><input type="checkbox"/> Results                       |
| <b>Last Edited</b><br>13/02/2013       | <b>Condition category</b><br>Musculoskeletal Diseases | <input type="checkbox"/> Individual participant data<br><input type="checkbox"/> Record updated in last year |

## Plain English summary of protocol

### Background and study aims

The purpose of this study is to investigate the effects of a training program based on eccentric exercises of the shoulder and neck muscles. Eccentric exercises are characterized by the following: the muscle that is trained is extended, while it is producing power. Previous studies have shown that exercise can reduce the pain intensity in people with neck/shoulder disorders. However, the effects of this type of exercise on the neuro-muscular system are unclear. Thus, it is necessary to investigate the effects of eccentric exercise. This will in turn enable to define better treatment strategy for the prevention of neck/shoulder disorders.

### Who can participate?

Healthy men and women with no previous disorders in the neck-shoulder region.

### What does the study involve?

Participants will be randomly allocated to one of two groups: a training group and a control group (no training). Subjects in the training group perform strength training for 5 weeks, twice a week. Each training session will last 30 to 60 minutes and take place at the Center for Sensory-Motor Interaction, Aalborg (Denmark). Both groups will be tested in three sessions: before the start of training, after 3 weeks of training and after completion of the training (approx. 2 hours per session). At these sessions, electrical stimuli are applied to the neck region (not painful). The maximum strength in the neck and shoulder muscles will be also be measured.

### What are the possible benefits and risks of participating?

After completion of the training program it is expected that subjects will experience an improvement, which can positively influence their health and wellbeing.

The new knowledge gained will be able to contribute to the treatment and prevention of musculoskeletal disorders.

There are no known serious risks with the methods employed in the present study, which are routinely used at the Center for Sensory-Motor Interaction and at a lot of other research institutions throughout the world.

### Where is the study run from?

Center for Sensory-Motor Interaction, Aalborg (Denmark).

When is the study starting and how long is it expected to run for?  
The project will run from November 2012 to May 2013.

Who is funding the study?  
Aalborg University (Denmark)  
Rheumatism Association (Gigtforeningen) (Denmark)  
The Ministry of Culture, Committee on Sports Research (Denmark)  
The Danish Council for Independent Research, Technology and Production Sciences (Denmark)

Who is the main contact  
PhD student Steffen Vangsgaard, sv@hst.aau.dk  
Professor Pascal Madeleine, pm@hst.aau.dk

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Pascal Madeleine

**Contact details**  
Aalborg University  
Dept. Health Science and Technology  
Fredrik Bajers 7D  
9220  
Denmark  
9220  
pm@hst.aau.dk

## Additional identifiers

## Study information

**Scientific Title**  
Neuromuscular adaptations after 5 weeks of intensive eccentric neck-shoulder training: A randomised controlled trial

**Study objectives**  
Participants in the training group will have:  
1. Increased strength  
2. Higher H reflex amplitudes, and  
3. Different activation of neck-shoulder muscles compared to a control group after the training intervention.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**

**Primary study design**

Interventional

**Study design**

Randomised controlled trial

**Study type(s)**

Prevention

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

Musculoskeletal disorders

**Interventions**

Subjects randomised to the training group will train 2 times per week for 5 weeks of intensive eccentric training for the neck-shoulder muscles.

Participants randomised to the control group will not train.

The intervention will last 5 weeks.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. Muscle strength, measured using a dynamometer and assessed three times: before intervention, after 2 weeks, and after the intervention period.
2. H reflex amplitude, elicited by electrical stimulation and measured three times: before intervention, after 2 weeks, and after the intervention period.
3. Muscle activity and coordination, measured by surface electromyography [EMG] and assessed three times: before intervention, after 2 weeks, and after the intervention period.

**Key secondary outcome(s)**

1. Muscle soreness, measured by visual analogue scale [VAS] and assessed before each training session
2. Compliance, measured at each training session

**Completion date**

01/05/2013

**Eligibility****Key inclusion criteria**

Healthy men and women between 18 and 40 years old

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

All

**Key exclusion criteria**

1. Current or previous pain in the neck/shoulder/arm
2. Regular strength training within 12 months before the study
3. Consumption of alcohol or pain-relieving drugs 24h prior to the experiment
4. Pregnancy
5. Hypertension (>160/>100 mmHg) and heart diseases
6. Addictive or previous addictive behavior defined as the abuse of cannabis, opioids or other drugs
7. Previous neurological or mental disorders
8. Inability to cooperate

**Date of first enrolment**

01/11/2012

**Date of final enrolment**

01/05/2013

**Locations****Countries of recruitment**

Denmark

**Study participating centre**

Aalborg University

9220

Denmark

9220

**Sponsor information**

**Organisation**

Aalborg University (Denmark)

**ROR**

<https://ror.org/04m5j1k67>

**Funder(s)****Funder type**

University/education

**Funder Name**

Aalborg University (Denmark)

**Alternative Name(s)**

Aalborg University, AAU

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

Denmark

**Funder Name**

Rheumatism Association (Gigtforeningen) (Denmark)

**Funder Name**

The Ministry of Culture, Committee on Sports Research (Denmark)

**Funder Name**

The Danish Council for Independent Research, Technology and Production Sciences (Denmark)  
(ref: 10092821)

**Results and Publications**

Individual participant data (IPD) sharing plan

**IPD sharing plan summary**  
Not provided at time of registration