

A pilot study to compare the energy expenditure of arm-cranking with circuit training at 40% & 70% power output within the first 8 weeks of rehabilitation following spinal cord injury (SCI)

Submission date 28/09/2007	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 28/09/2007	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 14/02/2020	Condition category Musculoskeletal Diseases	☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

N0209192238

Study information

Scientific Title

A pilot study to compare the energy expenditure of arm-cranking with circuit training at 40% & 70% power output within the first 8 weeks of rehabilitation following spinal cord injury (SCI)

Study objectives

Which method of arm exercise (arm cranking or circuit training) results in the greatest energy expenditure for people following a spinal cord injury (SCI)?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled pilot study

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Musculoskeletal Diseases: Spinal cord injury (SCI)

Interventions

Participants will be randomised to receive arm cranking or circuit training first; the second exercise scheme will be used at the second date. Measurement of peak heart rate, peak O2 consumption, energy expenditure and rate of perceived exertion for each exercise regime.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Peak heart rate, peak O2 consumption, energy expenditure and rate of perceived exertion for each exercise regime.

Key secondary outcome(s)

Not provided at time of registration

Completion date

10/01/2007

Eligibility

Key inclusion criteria

1. Participants must have sustained a spinal cord injury (either complete or incomplete) and have a neurological level at or below C6
2. Must be under care of Rehabilitation Consultant at Royal National Orthopaedic Hospital NHS Trust
3. Over 18 years old

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

Not Specified

Key exclusion criteria

1. Participants with spinal cord injury above C6
2. Acute upper limb injury (fracture/ dislocation/ shoulder pain), history of cardiac diseases
3. Pressure sore on weight-bearing skin areas

Date of first enrolment

03/01/2007

Date of final enrolment

10/01/2007

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Royal National Orthopaedic Hospital Trust

Stanmore

United Kingdom

HA7 4LP

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Funder(s)

Funder type

Government

Funder Name

Royal National Orthopaedic Hospital 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