

Six-week high-intensity exercise program for middle-aged patients with knee osteoarthritis: a randomized controlled trial

Submission date
15/08/2005

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
16/08/2005

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
20/12/2007

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

Study information

Scientific Title

Study objectives

Short-term high-intensity exercise improves self-reported pain, function and quality of life in middle-aged patients with moderate to severe knee osteoarthritis.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The study was approved by the Research Ethics Committee at Lund University (Sweden) (ref: LU 99-98), and is in compliance with the Helsinki Declaration.

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Knee osteoarthritis

Interventions

A six-week high-intensity supervised exercise session twice a week, or a non-intervention control group.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Knee injury and Osteoarthritis Outcome Score (KOOS, a disease specific questionnaire, assessing pain, other symptoms, activities of daily living, sport and recreation function and knee-related quality of life). Time points of interest were 6 weeks and 6 months.

Key secondary outcome(s)

1. 36-item short form health survey (SF-36, a generic measure of general health status)
2. Five tests of functional performance:
 - 2.1. Åstrands bicycle-ergometre test
 - 2.2. Rising on one leg from sitting on lowest possible height
 - 2.3. One-leg hop
 - 2.4. Lateral step-up
 - 2.5. One-leg semi squatting
 - 2.6. Heel-rising on one leg

Completion date

08/10/2001

Eligibility**Key inclusion criteria**

1. Aged 35 - 65 years
2. Living in a defined geographic area
3. Diagnosis of radiographic knee osteoarthritis according to Kellgren & Lawrence grade III or more (i.e joint space narrowing and definite osteophytes)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Inflammatory joint disease
2. Anterior cruciate ligament injury
3. Known symptomatic injury to the menisci
4. Hip symptoms more aggravating than the knee symptoms
5. About to have knee replacement surgery within 6 months
6. Co-morbidities not allowing exercise

Date of first enrolment

09/10/1998

Date of final enrolment

08/10/2001

Locations**Countries of recruitment**

Sweden

Study participating centre

Spenshult Hospital for Rheumatic Diseases

Oskarström

Sweden

S-313 92

Sponsor information**Organisation**

The Swedish Rheumatism Association (Sweden)

ROR

<https://ror.org/00zps9v98>

Funder(s)

Funder type

Research organisation

Funder Name

The Vårdal Foundation (Sweden)

Funder Name

The Swedish Rheumatism Association in Stockholm (Sweden)

Funder Name

The Swedish Rheumatism Association in Gothenburgh (Sweden)

Funder Name

The Swedish Research Council (Sweden)

Funder Name

The Department of Research and Development at Spenshult Hospital for Rheumatic Diseases (Sweden)

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?
Results article	Results	30/05/2005		Yes	No

