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# Resistance band training in older adults

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| **Submission date**<br>26/06/2023 | **Recruitment status**<br>No longer recruiting | [X] Prospectively registered<br>[_] Protocol<br>[_] Statistical analysis plan<br>[_] Results<br>[_] Individual participant data<br>[_] Record updated in last year |
| **Registration date**<br>27/06/2023 | **Overall study status**<br>Completed | |
| **Last Edited**<br>23/08/2024 | **Condition category**<br>Musculoskeletal Diseases | |

## Plain English summary of protocol

Background and study aims
Resistance training is an important way for older adults to maintain their muscle mass and strength, which can help them avoid mobility limitations, sarcopenia (age-related progressive loss of muscle mass and strength), and frailty as they age. However, many older adults don't participate in resistance training because traditional programs can be difficult or expensive. Resistance bands are lightweight and easy to use, and recent studies have shown they can be effective in improving muscle strength and physical function in older adults. We propose using resistance bands in a new resistance training program that can be done both in person and online.

Who can participate?
We are recruiting community-dwelling older women and men aged 70 years and older.

What does the study involve?
This study involves participating in a resistance training program using bands twice a week for 18 weeks led by registered kinesiologists or completing simple flexibility exercises.

What are the possible benefits and risks of participating?
Participants are expected to benefit by accruing new or maintaining current muscle, strength and improving or preserving physical function.
As with any research, there are risks of participating such as during blood sampling or the physical function measures. The researcher team has done everything possible to mitigate any risks and will gladly provide further information if requested.

Where is the study run from?
McMaster University (Canada)

When is the study starting and how long is it expected to run for?
January 2023 to September 2024

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Stuart Phillips, phillis@mcmaster.ca

# Contact information

### Type(s)
Principal investigator

### Contact name
Prof Stuart Phillips

### ORCID ID
https://orcid.org/0000-0002-1956-4098

### Contact details
1280 Main Street West
Department of Kinesiology
McMaster University
Hamilton
Canada
L8S 4K1
+1 (905) 525-9140 ext. 24465
phillis@mcmaster.ca

### Type(s)
Public

### Contact name
Ms Giulia Coletta

### ORCID ID
https://orcid.org/0000-0002-0834-986X

### Contact details
1280 Main Street West
Department of Kinesiology
McMaster University
Hamilton
Canada
L8S 4K1
+1 (905)-525-9140 Ext. 21918
giuliacoletta@mcmaster.ca

### Type(s)
Scientific

### Contact name
Prof Stuart Phillips

### Contact details
1280 Main Street West
Department of Kinesiology
McMaster University
Hamilton
Canada
L8S 4K1
+1 (905) 525-9140 ext. 24465
phillis@mcmaster.ca

## Additional identifiers

### Protocol serial number
16168

## Study information

### Scientific Title
The impact of a resistance band training program on older adults' physical function

### Study objectives
1. 18 weeks of resistance training using resistance bands will improve functional capacity compared to a control group.
2. 18 weeks of resistance training using resistance bands will improve muscle strength, muscle mass, mobility, sarcopenia, habitual physical activity, frailty, and health-related quality of life compared to a control group.

### Ethics approval required
Ethics approval required

### Ethics approval(s)
approved 12/06/2023, Hamilton Integrated Research Ethics Board (293 Wellington St. N., Suite 120, Hamilton, L8L 8E7, Canada; +1 905-521-2100 Ext. 42013; eREBhelpdesk@hhsc.ca), ref: 16168

### Study design
Single-centre interventional randomized control trial

### Primary study design
Interventional

### Study type(s)
Prevention, Treatment

### Health condition(s) or problem(s) studied
Prevention of mobility limitation and sarcopenia

### Interventions
Participants will be randomized to either the resistance training group (intervention) or the flexibility group (control) using an online service known as sealed envelope https://www.sealedenvelope.com.

Participants in the resistance training group will sequentially complete the three phases of this study using a faded contact approach:
1. IN-PERSON phase (6 weeks) – twice-weekly group-based resistance training classes led by registered kinesiologists (R. Kins) and physiotherapists.
2. IN-PERSON & ONLINE (6 weeks) – twice-weekly (one class in-person and one class on Zoom) group-based resistance training classes led by R. Kins and physiotherapists.
3. ONLINE (6 weeks)– twice-weekly, online, group-based resistance training classes led by R. Kins and physiotherapists.

Measurements will be taken at baseline and the end of each phase.

The control group will receive the Canadian Society for Exercise Physiology 24-hour movement guidelines and simple flexibility exercises.

### Intervention Type
Behavioural

### Primary outcome(s)
Functional capacity measured using various physical function measures such as the short physical performance battery, timed up and go, 6-minute walk test at baseline and the end of each phase.

### Key secondary outcome(s))
1. Strength measured using handgrip and the stair climb power test at baseline and the end of each phase.
2. Proxies of muscle mass measured using Deuterium-labelled creatine (D3-Cr) and dual-energy X-ray absorptiometry (DEXA) at baseline and the end of each phase.
3. Sarcopenia measured using physical function, strength, and muscle mass and the Strength (S), Assistance walking (A), Rising from a chair (R), Climbing stairs (C), and Falls (F) (SARC-F) questionnaire at baseline and end of study.
4. Mobility measured using the Manty preclinical mobility limitation and life-space mobility assessments. at baseline and end of study.
5. Health-related quality of life measured using the SF-36 at baseline and end of study.
6. Physical activity levels measured using accelerometry and the PASE questionnaire.
7. Frailty measured using the Fit-Frailty Index at baseline and end of study.
8. General health measured using bloods and blood pressure at baseline and end of study.

### Completion date
30/09/2024

## Eligibility

### Key inclusion criteria
1. Community-dwelling older adults 70 years of age and older
2. Are preclinically mobility limited based on self-report according to Manty's preclinical mobility limitation questionnaire
3. Able to walk independently and without assistive devices
4. Are eligible to participate in regular physical activity according to the Canadian Society Exercise Physiology Get Active Questionnaire
5. Have a body mass index (BMI) between 18.5 - 35 kg/m$^2$ (inclusive)

6. Willing and able to provide informed consent (speaks and understands English)
7. Generally healthy

### Participant type(s)
Healthy volunteer

### Healthy volunteers allowed
No

### Age group
Senior

### Lower age limit
70 years

### Sex
All

### Key exclusion criteria
1. Have a history of neuromuscular conditions or muscle-wasting diseases
2. Are currently completing progressive strength training ≥2x/week (or have within <6 months of recruitment)
3. Planned travel and/or unable to attend >80% (missing ≥ 8 sessions) of the classes
4. Acute or chronic disease, in the opinion of the Investigator, that interfere with the participants capacity to exercise
5. Diabetes
6. Individuals who have undergone or who are currently undergoing cancer treatment in the last 5 years
7. Current smoker (smoking compromises exercise adaptation)
8. Any concurrent medical, orthopedic, or psychiatric condition that, in the opinion of the Investigator, would compromise his/her ability to comply with the study requirements
9. Excessive alcohol consumption (>21 units/wk)
10. Routine/daily usage of any anabolic or cortico-steroid
11. Do not have access to the internet at home via a personal smartphone, tablet (e.g., iPad), or computer.

### Date of first enrolment
01/07/2023

### Date of final enrolment
01/04/2024

## Locations

### Countries of recruitment
Canada

### Study participating centre

**McMaster University**
1280 Main Street West
Hamilton
Canada
L8S 4L8

# Sponsor information

**Organisation**
McMaster University

**ROR**
https://ror.org/02fa3aq29

# Funder(s)

**Funder type**
Other

**Funder Name**
Investigator initiated and funded

# Results and Publications

**Individual participant data (IPD) sharing plan**
The data-sharing plans for the current study are unknown and will be made available at a later date.

**IPD sharing plan summary**
Data sharing statement to be made available at a later date