

Are regular calf-stretching exercises effective in the management of nocturnal leg cramps? A controlled trial

Submission date 23/01/2004	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 23/01/2004	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 12/01/2010	Condition category Signs and Symptoms	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
SPGS787

Study information

Scientific Title

Acronym

MONC

Study objectives

Are regular calf-stretching exercises effective in the management of nocturnal leg cramps? Nocturnal leg cramps are painful muscle spasms which commonly disrupt sleep. Their cause is unclear and they are frequently treated with quinine which is potentially toxic and costly to the NHS. In 1979 a small, uncontrolled trial suggested that a simple programme of leg muscle stretching exercises could prevent nocturnal leg cramps. This has been widely cited but no attempt seems to have been made to confirm or refute its conclusions. We intend to establish whether such exercises are effective, feasible and whether they reduce quinine use. To determine whether regular exercises are effective and feasible in the treatment of leg cramps.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Other symptoms and general pathology

Interventions

1. Stretching exercises
2. Non-stretching exercises and continuation of quinine treatment

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Diary of incidence
2. Frequency
3. Duration and severity of leg cramps
4. Subsequent GP attendance
5. Quinine and analgesic prescriptions

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/12/2002

Eligibility

Key inclusion criteria

191 patients from general practices aged 60 and over being prescribed quinine

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Previously taught cramp-preventing exercises
2. Unable to undertake exercises
3. Other conditions causing leg pain
4. Unable to report symptoms reliably

Date of first enrolment

31/12/1998

Date of final enrolment

31/12/2002

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Research Office

Basingstoke

United Kingdom

RG25 3DZ

Sponsor information

Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive South East (UK)

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	01/03/2005		Yes	No