

Does use of a daily muscle stretch regime prevent development contractures and muscle stiffness in stroke patients?

Submission date 30/09/2005	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 30/09/2005	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 07/04/2010	Condition category Circulatory System	☐ 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
N0234077966

Study information

Scientific Title

Study objectives

1. To evaluate the effectiveness of a daily stretch regime in the prevention of muscle stiffness and contracture in the affected arm of patients following stroke
2. To evaluate the acceptability and compliance of a new ward based stretch regime
3. To gain a better understanding of the natural history of the development of muscle stiffness and its relation to reflex hyperexcitability

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Stroke

Interventions

Randomised controlled trial:

1. To evaluate the effectiveness of a daily stretch regime in the prevention of muscle stiffness and contracture in the affected arm of patients following stroke
2. To evaluate the acceptability and compliance of a new ward based stretch regime
3. To gain a better understanding of the natural history of the development of muscle stiffness and its relation to reflex hyperexcitability

In addition to usual care, subjects in the experimental group were prescribed two 30-min stretches for wrist and finger flexors and two 30-min stretches targeting shoulder adductors and internal rotators, per day for up to 12 weeks post stroke. Stretches were carried out by therapists and nursing staff.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Measured at four, eight and twelve weeks after stroke:

1. Range of movement
2. Resistance to passive movement
3. Pain

- 4. Motor recovery
- 5. Activities of Daily Living (ADL)

Key secondary outcome(s)

No secondary outcome measures

Completion date

31/12/2003

Eligibility

Key inclusion criteria

200 adults over 18, mostly elderly.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Other

Sex

All

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/01/2001

Date of final enrolment

31/12/2003

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Burden Neurological Institute

Bristol

United Kingdom

BS16 1ND

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type

Government

Funder Name

North Bristol NHS Trust (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	01/09/2005		Yes	No