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The effect of ergonomics orientation and motor control exercises in patients with work-related upper extremity disorders (WRUED)

Submission date
17/04/2010

Recruitment status
No longer recruiting

Registration date
29/04/2010

Overall study status
Completed

Last Edited
04/10/2011

Condition category
Injury, Occupational Diseases, Poisoning

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[_] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
Randomised and controlled study of the effect of ergonomics orientation and motor control exercises in patients with WRUED

Study objectives

1. The treatment with motor control exercises and ergonomics orientation is better than the treatment with ergonomics orientation only.
2. The treatment with motor control exercises relieves the pain and improves the Work Ability Index (WAI) in patients with WRUED.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Committee of Ethics in Research in Human Beings of Propesq (UFJF) approve on the 27th of July 2009 (ref 130/2009)

Primary study design
Interventional

Study design
Single centre randomised active controlled parallel group trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Work-related upper extremity disorders (WRUED)

Interventions
A group will receive ergonomics orientation and another will receive ergonomics orientation and motor control training for movement re-education. Both groups will be followed-up for 4 weeks and will be reassessed after 2 weeks as well as on the last day of follow-up so as to verify the effects of the ergonomics orientation an of the ergonomics orientation plus the motor control training in terms of pain, movements and work ability. The ergonomics orientation and motor control training group will do personalised therapeutic exercises aiming to increase strength, muscular length and motor control, according to the diagnosis of imperfect movements.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Pain, assessed through the Visual Analogue Pain Scale (VAS)

Key secondary outcome(s)
Work Ability Index validated in Brazil

Completion date
20/04/2011

Eligibility

Key inclusion criteria
1. Patients, either sex, aged between 20 and 55, with specific or non specific WRUED who complain about pain in the cervical area, shoulders, elbow, forearm, wrist and hands and have difficulty to make work-related as well as daily life movements for at least 6 months.
2. Patients who have agreed to interrupt the traditional physiotherapeutic treatment and to participate in this study for 4 weeks.
3. Patients who have painless movement in at least 60% of the normal range of movement of the glenohumeral joint for flexion and rotation.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Patients in the acute stage, which is defined by flogistic signs and limitation of the range of movement in the initial angles due to pain.
2. Patients submitted to surgery due to WRUED.
3. Patients with established diagnosis of the following:
3.1. Cervical discopathies
3.2. Neurological diseases
3.3. Fibromyalgia and rheumatic diseases
3.4. Cancer
3.5. Severe psychiatric disease
3.6. Pregnancy
3.7. Hypermobility syndrome

Date of first enrolment
20/08/2010

Date of final enrolment
20/04/2011

Locations

Countries of recruitment
Brazil

Study participating centre
Rua José Esteves de Oliveira 75/303
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36021-710

Sponsor information

Organisation
Federal University of Juiz de Fora (Brazil)

ROR
https://ror.org/04yqw9c44

Funder(s)

Funder type
University/education

Funder Name
Federal University of Juiz de Fora (Brazil)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration