ISRCTN36648909 https://doi.org/10.1186/ISRCTN36648909

Efficacy of connective tissue massage and Mc Mennell joint manipulation in the rehabilitative treatment of the hands in patients with systemic sclerosis

Submission date
12/12/2008

Recruitment status
No longer recruiting

Registration date
23/12/2008

Overall study status
Completed

Last Edited
23/12/2008

Condition category
Musculoskeletal Diseases

[ ] 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
Efficacy of connective tissue massage and Mc Mennell joint manipulation in the rehabilitative treatment of the hands in patients with systemic sclerosis: a randomised controlled trial

Study objectives

Systemic sclerosis is a connective tissue disease characterised by induration of the skin and internal organs, joint modifications and muscle impairment. Deformations of hands lead to a severe loss of range of motion and functionality, affecting quality of life and activities of daily living.

This trial aims to assess the effectiveness of a rehabilitation programme based on the association of connective massage and Mc Mennell joint manipulation specifically conceived for hands of systemic sclerosis patients.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at the time of registration

Primary study design
Interventional

Study design
Randomised controlled single centre trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Systemic sclerosis

Interventions
Intervention group: 20 systemic sclerosis patients treated for a 9-week period (twice a week, 1 hour per session) with a hand rehabilitation programme based on connective tissue massage and Mc Mennell joint manipulation. Mc Mennell joint manipulation is a technique aiming to recover the "joint play", i.e. the involuntary, subtle range of motion that normal joints display on multiple planes, necessary for normal voluntary joint mobility. It improves articular movement, reduces pain and stretches articular capsulae and ligaments.

Control group: 20 participants assigned only to a home exercise programme.

Patients were assessed at baseline, end of treatment (after 9 weeks) and 9 week follow-up.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Fist closure (cm) at baseline, end of treatment (after 9 weeks) and 9 week follow-up.

Key secondary outcome(s)
The following were assessed at baseline, end of treatment (after 9 weeks) and 9 week follow-up:
1. Hand disability, assessed by the Hand Mobility in Scleroderma (HAMIS) test and the Cochin

Hand Functional Disability scale
2. Quality of life, assessed by 36-item Short Form (SF-36) Health Survey and Health Assessment Questionnaire (HAQ)

Completion date
10/01/2008

Eligibility

Key inclusion criteria
1. Both males and females, no age limits
2. Caucasian systemic sclerosis patients (diagnosed according the American College of Rheumatology [ACR] criteria) with the typical systemic sclerosis joint involvement (stiffness and loss of joint function due to flexion contractures, caused by progressive sclerotic retraction of skin, subcutaneous tissues and tendon sheaths)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
Female

Key exclusion criteria
Does not meet the inclusion criteria

Date of first enrolment
15/02/2007

Date of final enrolment
10/01/2008

Locations

Countries of recruitment
Italy

Study participating centre
Viale Pieraccini 18
Florence
Italy
50139

Sponsor information

Organisation
University of Florence (Italy)

ROR
https://ror.org/04jr1s763

Funder(s)

Funder type
University/education

Funder Name
University of Florence (Italy)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration