

Optimization of bicycle Ergometer training

Submission date 10/07/2006	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 31/08/2006	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 31/08/2006	Condition category Circulatory System	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Wolfgang Mayer-Berger

Contact details
Roderbirken 1
Leichlingen
Germany
42799
+49 (0) 217 582 4010
wolfgang.mayer-berger@klinik-roderbirken.de

Additional identifiers

Protocol serial number
03002

Study information

Scientific Title

Acronym
OpErgo

Study objectives

In accordance with the two training methods there are different training recommendations.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee of the Ärztekammer Nordrhein approved on the 31st August 2005 (reference number: 2005255).

Primary study design

Interventional

Study design

Randomised, prospective, controlled trial.

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Coronary heart disease

Interventions

Group one exercises with an intensity of 60% of the symptom-limited performance regulated by heart rate.

Group two exercises metabolically regulated with an intensity analogous to 60% of the intensity connected with 3 mmol/l lactate in capillary blood.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

In accordance with the two training methods there are different training recommendations.

Key secondary outcome(s)

Training efficiency is enhanced by the intensity regulation based on metabolic parameters.

Completion date

31/10/2006

Eligibility

Key inclusion criteria

1. Angiographic proved coronary disease
2. Echocardiogram (ECG) proved normal or slightly limited systolic cardiac function
3. Angina pectoris or acute coronary syndrome more than or equal to ten days before joining the research project
4. Sinus rhythm

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

All

Key exclusion criteria

1. Acute coronary syndrome less than ten days before joining the research project
2. Moderate to severe limited systolic cardiac function
3. Aorto-coronary bypass operation more than or equal to three months before joining the research project
4. Atrial fibrillations or therapy relevant ventricular arrhythmia
5. Clinically limiting peripheral arterial disease
6. Present hypertrophic obstructive cardiac myopathy
7. Non-regulatable arterial hypertonia
8. Haemodynamically relevant cardiac valvular defect
9. Pericarditis, myocarditis and lung embolic more than or equal to six months before joining the research project
10. Limiting orthopaedic secondary disorders
11. Consuming and intercurrent diseases
12. Renal insufficiency (Creatinine > 2.0 mg/dl)
13. Anaemia (haemoglobin [Hb] < 12g/dl)
14. Severe chronic obstructive pulmonary disease (Forced Expiratory Volume in one second [FEV1] < 35%)
15. Respiratory global insufficiency
16. Implantable Cardioverter Defibrillator (ICD) implantation

Date of first enrolment

01/11/2005

Date of final enrolment

31/10/2006

Locations**Countries of recruitment**

Germany

Study participating centre

Roderbirken 1
Leichlingen
Germany
42799

Sponsor information

Organisation
Refonet (Germany)

ROR
<https://ror.org/04yeh2x21>

Funder(s)

Funder type
Industry

Funder Name
Refonet

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes