

# A randomised trial of heavy-load eccentric calf muscle training versus ultrasound therapy for chronic Achilles tendon pain

|                                        |                                                       |                                                      |
|----------------------------------------|-------------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>30/09/2004   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>30/09/2004 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>28/07/2008       | <b>Condition category</b><br>Musculoskeletal Diseases | <input type="checkbox"/> Statistical analysis plan   |
|                                        |                                                       | <input checked="" type="checkbox"/> Results          |
|                                        |                                                       | <input type="checkbox"/> Individual participant data |

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N0547126170

## Study information

### Scientific Title

**Study objectives**

Does heavy eccentric loading exercises improve chronic achilles tendon pain?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Primary study design**

Interventional

**Study design**

Randomised controlled pilot study

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Achilles tendon

**Interventions**

1. Heavy-load eccentric calf muscle training
2. Ultrasound therapy

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Change in visual analogue pain scores (VAS) between pre-treatment and 12 weeks

**Key secondary outcome(s)**

Change in FILLA and EuroQol scores and clinical parameters, between pre-treatment and 12 weeks and 52 weeks.

**Completion date**

01/11/2004

**Eligibility****Key inclusion criteria**

60 patients, 30 controls

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/11/2002

**Date of final enrolment**

01/11/2004

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Associate Professor Trauma and Orthopaedics Warwick Medical School

Coventry

United Kingdom

CV2 2DX

**Sponsor information****Organisation**

Department of Health

**Funder(s)****Funder type**

Government

## Funder Name

East Norfolk and Waveney Research Consortium (UK) - Norfolk and Norwich University Hospital /Norwich PCT

## 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? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 01/12/2008   |            | Yes            | No              |