

Physical exercise for rehabilitation of neck /shoulder muscle pain: how little is enough?

Submission date 28/07/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 18/09/2009	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 20/11/2012	Condition category 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

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Additional identifiers

Study information

Scientific Title
Dose-response of specific strength training for rehabilitation of neck/shoulder muscle pain: a randomised single-blind controlled trial

Study objectives
Participants randomised to specific strength training for 5 x 2 minutes per week and 5 x 12 minutes per week will report better relief of neck/shoulder muscle pain compared with a control group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Local Ethical Committee of Copenhagen and Frederiksberg, Denmark, approved in November 2008 (ref: HC-2008-103). Approval of supplementary protocol: 9th March 2009.

Study design

Randomised single-blind controlled intervention trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Musculoskeletal disorders

Interventions

The intervention will last 10 weeks. Employees randomised to specific strength training will be offered 5 x 2 minutes per week or 5 x 12 minutes per week for 10 weeks of specific strength training for the neck/shoulder muscles. Participants randomised to the control group will receive information on various aspects of general health.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Subjective pain, measured weekly throughout the 10 week intervention period
2. Clinical findings, measured twice; before and after the intervention period
3. Muscle strength, measured twice; before and after the intervention period

Key secondary outcome(s)

1. Other subjective health complaints, measured twice; before and after the intervention period
2. Compliance, measured weekly throughout the 10 week intervention period

Completion date

15/12/2009

Eligibility

Key inclusion criteria

1. Generally healthy workers
2. Aged 25 - 65 years, either sex
3. Palpable tenderness of the neck/shoulder muscles
4. An anamnestic history of neck/shoulder pain for at least 30 days during last year
5. Reported neck/shoulder pain intensity of at least 2 on a scale of 0 - 10

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Trauma
2. Pregnancy
3. Life threatening diseases
4. Blood pressure above 160/100 mmHg
5. Other known serious disorders, e.g. fibromyalgia or rheumatoid arthritis

Date of first enrolment

01/08/2009

Date of final enrolment

15/12/2009

Locations**Countries of recruitment**

Denmark

Study participating centre

Lersø Parkalle 105

Copenhagen

Denmark

2100

Sponsor information**Organisation**

The National Research Centre for the Working Environment (Denmark)

ROR

<https://ror.org/03f61zm76>

Funder(s)

Funder type

Research organisation

Funder Name

The National Research Centre for the Working Environment (Denmark)

Funder Name

The Danish Rheumatism Association (Denmark) (ref: R68-A993)

Funder Name

Hygenic Corporation (USA)

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	01/09/2012		Yes	No