

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

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

### **Primary study design**

Interventional

### **Study design**

Randomised single-blind controlled intervention trial

### **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?
<a href="#">Results article</a>	results	01/09/2012		Yes	No