

# An investigation into the influence of eccentric muscle strengthening exercise on hamstring muscle length measures

<b>Submission date</b> 28/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 18/10/2011	<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

**Protocol serial number**  
N0016186032

## Study information

**Scientific Title**

**Study objectives**

To investigate if a 10 week specific (eccentric) exercise strengthening programme directed at the hamstring muscles, will result in a change to hamstring muscle length measures, indicating an increase in hamstring muscle length.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Musculoskeletal Diseases: Muscle strengthening

**Interventions**

Muscle strengthening exercise vs standard treatment

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Knee range of motion, modified knee extension test, cybex measurements, ultrasound scan

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/03/2007

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

Healthy volunteers aged 20-50

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/09/2006

**Date of final enrolment**

01/03/2007

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

United Kingdom

England

**Study participating centre****Physiotherapy**

London

United Kingdom

W6 8RF

**Sponsor information****Organisation**

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

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

Government

## Funder Name

Hammersmith Hospital NHS Trust (UK)

# 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	01/04/2009		Yes	No