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Individualising exercise for knee pain: developing an evidence-based impairment-targeted intervention

Submission date	Recruitment status	[_] Prospectively registered
24/06/2010	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
24/06/2010	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
01/02/2016	Signs and Symptoms	

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
5142

Study information

Scientific Title

Individualising exercise for knee pain: developing an evidence-based impairment-targeted intervention

Acronym
TargET-Knee-Pain

Study objectives
The overall aim of this study is to investigate the principle of impairment-targeted exercises as treatments for older adults with knee pain. The study has a single-group design. It has the following objectives:

Objective 1:
To test the proof-of-principle that simple home-based impairment-targeted exercises can improve those impairments in older adults with knee pain.

Objective 2:
To investigate whether improvements in these impairments are reflected in improvements in self-reports of physical function.

Objective 3:
To assess the feasibility of this intervention approach and its acceptability to patients by qualitative means.

Ethics approval required
Old ethics approval format

Ethics approval(s)
MREC approved on the 7th November 2008 (ref: 08/H1202/179)

Primary study design
Interventional

Study design
Single centre non-randomised interventional treatment trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Topic: Primary Care Research Network for England, Musculoskeletal; Subtopic: Not Assigned, Musculoskeletal (all Subtopics); Disease: Musculoskeletal, All Diseases

Interventions
This will be a single-centre study. Participants will be invited to participate in the current study at the end of their visit for final clinical assessment before the termination of the CAS-K study.

Exercise programme: consists of an individualised home-based impairment-targeted exercise programme for 12 weeks (fortnightly home visits alternating with fortnightly telephone calls) and involves daily self-directed formal exercises.

Recruitment will last for the duration of the final clinical assessment clinics, which are planned to take place between January and December 2009. Duration of follow-up will be 12 weeks.

Study entry: registration only

Intervention Type
Other

Phase
Phase IV

Primary outcome(s)
Degree of knee flexion, measured with a continuous scale outcome

Key secondary outcome(s)
1. Isometric quadriceps strength at 90º flexion, measured with a continuous scale outcome
2. The four-test balance scale, measured with an ordinal scale (range 0 - 5), including feet together stand, semi-tandem stand, tandem stand and one-leg stand

Completion date
09/02/2010

Eligibility

Key inclusion criteria
1. Aged 56 years and older, either sex
2. A history of painful osteoarthritis of the knees
3. One or more of the target impairments
4. Recruited from the longitudinal population-based Clinical Assessment Study of the Knee (CAS-K)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
05/05/2009

Date of final enrolment

09/02/2010

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Primary Care Musculoskeletal Research Centre
Newcastle
United Kingdom
ST5 5BG

Sponsor information

Organisation
Keele University (UK)

ROR
https://ror.org/00340yn33

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) programme (ref: PB-PG-0107-10612)

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	07/01/2011		Yes	No
Results article	results	29/01/2016		Yes	No