ISRCTN67078621 https://doi.org/10.1186/ISRCTN67078621

A randomised controlled trial of a home based, targeted progressive exercise programme aimed at improving endurance and function in adults with muscular dystrophy (MD).

Submission date
30/09/2005

Recruitment status
No longer recruiting

Registration date
30/09/2005

Overall study status
Completed

Last Edited
03/07/2008

Condition category
Musculoskeletal Diseases

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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
N0176140663

Study information

Scientific Title

Study objectives
The study sets out to examine the effect of a targeted aerobic exercise programme in adults with muscular dystrophy who are able to walk at least 10 metres but have some gait impairment. In adults with muscular dystrophy, will a targeted home based progressive exercise programme aimed at improving endurance:
1. Improve mobility (walking distance and speed)
2. Decrease fatigue
3. Improve muscle function (increase muscle strength, speed and power)
4. Improve aerobic fitness
5. Improve perceived performance in specifically targeted functional activities?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Musculoskeletal Diseases: Muscular dystrophy (MD)

Interventions
Home based exercise programme vs no home based exercise programme

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Primary and secondary outcome measures 8 weeks following treatment intervention, and then after another 8 weeks.

Key secondary outcome(s)
Not provided at time of registration

Completion date
01/12/2004

Eligibility

Key inclusion criteria
Adults with Muscular Dystrophy of 16 years and above with some gait impairment and perceived reduced mobility and function that are able to walk at least 10m (aids permitted). Perceived mobility and perceived functional impairment of the lower limb.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
Not Specified

Key exclusion criteria
Unable to meet the inclusion criteria or those unwilling or unable to undertake the programme

Date of first enrolment
01/04/2004

Date of final enrolment
01/12/2004

Locations

Countries of recruitment
United Kingdom

Study participating centre
School of Biological & Molecular Sciences
Oxford
United Kingdom
OX3 OB

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type
Government

Funder Name
Oxford Radcliffe Hospitals NHS Trust (UK)

Funder Name
NHS R&D Support Funding

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	01/08/2006		Yes	No