

Exercise training early after stroke: a feasibility study

Submission date 30/04/2003	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 30/04/2003	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 22/11/2011	Condition category Circulatory System	☐ Individual participant data ☐ Record updated in last year

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
AP0875

Study information

Scientific Title

Study objectives

Hypothesis:

It is practical for all stroke patients to undertake early exercise training (ET), regardless of level of impairment.

Brief summary:

Patients meeting the inclusion criteria will be randomised into one of two groups, usual care or intervention (ET). In addition to usual care, patients in the ET group will be individually taught a series of basic exercise activities for the arms and legs which can be done lying, sitting or standing, depending upon which of these positions the patient can maintain and prefers. Patients will be encouraged to perform those activities which they can, for up to 30 minutes 3 times per week. Once patients are confident of the activities they will be given simple, quirky prompts to remind them what to do. Data will be collected at baseline and at 3 months post-stroke.

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)

Treatment

Health condition(s) or problem(s) studied

Stroke

Interventions

Patients meeting the inclusion criteria will be randomised into one of two groups, usual care or intervention. The patients in the intervention group, will, in addition to their usual therapy, be taught a series of basic exercise activities for the arms and legs. Patients will be encouraged to perform the exercises for up to 30 minutes, three times per week.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Arm and leg function: the Motor Assessment Scale

Key secondary outcome(s)

1. Functional dependence: the Barthel Index
2. Psychological well-being: the GHQ 12 questionnaire

3. Tone: the modified Ashworth Scale
4. Power: the Medical Research Council Scale
5. Hand posture: the Tod Scale
6. A qualitative assessment of attitudes of patients, carers and staff to exercise training

Completion date

30/09/2003

Eligibility

Key inclusion criteria

1. Diagnosis of stroke
2. Surviving to week two
3. Still in hospital
4. Medically stable
5. Able to follow simple verbal instructions
6. 18 years of age and over, either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

1. Non-stroke
2. Died or care transferred into the community before week 2
3. Medically unstable
4. Unable to follow simple verbal instructions
5. Under 18 years of age
6. Non-consent

Date of first enrolment

01/09/2002

Date of final enrolment

30/09/2003

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Clinical Practice Research Unit
Preston
United Kingdom
PR1 2HE

Sponsor information

Organisation
Action Medical Research (UK)

ROR
<https://ror.org/01wcqa315>

Funder(s)

Funder type
Charity

Funder Name
Action Medical Research (UK)

Alternative Name(s)
action medical research for children, actionmedres, The National Fund for Research into Crippling Diseases, AMR

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary