ISRCTN76235671 https://doi.org/10.1186/ISRCTN76235671

Vibratory exercise to prevent falls and osteoporosis in older women in primary care

Submission date
18/06/2006

Recruitment status
No longer recruiting

Registration date
14/07/2006

Overall study status
Completed

Last Edited
28/10/2008

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

Contact name
Prof Narcis Gusi

Contact details
Faculty of Sports Sciences
Avda Universidad s/n
Caceres
Spain
10071
+34 (0)92 725 74 60
ngusi@unex.es

Additional identifiers

Protocol serial number
15/04

Study information

Scientific Title

Acronym

EVCOM/15/04

Study objectives
1. Vibratory exercise reduces bone loss more than walk-based exercise
2. Vibratory exercise maintains the fitness (balance, lower limbs strength etc.) more than walk-based exercise

Ethics approval required
Old ethics approval format

Ethics approval(s)
Bioethical Committee of the University of Extremadura on 15/09/2004, reference number 15/04

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Prevention of falls and osteoporosis in postmenopausal women

Interventions
1. Intervention group: eight months of vibratory exercise
2. Control group: eight months of walk-based exercise

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Bone mass density (dual energy x-ray absorptiometry [DEXA] technique)
2. Fitness (balance, isokinetic strength, vertical jump, walking speed, stairs climbing)

Key secondary outcome(s)
Health-related quality of life (EQ-5D, short-form-36 questionnaire [SF-36])

Completion date
01/07/2005

Eligibility

Key inclusion criteria
Women older than 60 years old

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
Female

Key exclusion criteria
1. Contraindications to physical exercise
2. Disease or drugs treatment that could influence measures such as bone metabolism or strength
3. Other physical or psychological therapies
4. Cognitive disease
5. Nutritional deficit in vitamin D or calcium
6. Smoking or alcohol consumption

Date of first enrolment
01/11/2004

Date of final enrolment
01/07/2005

Locations

Countries of recruitment
Spain

Study participating centre
Faculty of Sports Sciences
Caceres
Spain
10071

Sponsor information

Organisation
University of Extremadura (Spain)

ROR
https://ror.org/0174shg90

Funder(s)

Funder type
Government

Funder Name
Health Department of Junta de Extremadura: Sociosanitary Research (SCSS0466) - Spain

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	30/11/2006		Yes	No