

Exercise therapy for shoulder impingement syndrome

Submission date 28/09/2007	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 28/09/2007	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 23/04/2021	Condition category Musculoskeletal Diseases	☐ Individual participant data

Plain English summary of protocol

Background and study aims

The rotator cuff tendon is a cord connecting the muscles in your shoulder to the top of your arm. In shoulder impingement syndrome, the rotator cuff tendon becomes trapped and scrapes against the bone above, causing pain. The main recommended treatment is to use exercise to strengthen the rotator cuff muscles. The aim of this study was to compare the effects of three different exercise programmes.

Who can participate?

Patients who had shown signs of shoulder impingement syndrome for at least 3 months.

What does the study involve?

Participants were randomly allocated to one of the three different exercise programmes for 6 weeks. Participants were advised to exercise twice per day and keep a diary, and completed questionnaires to assess changes in pain and disability at the start and end of the study.

What are the possible benefits and risks of participating?

The results of this study will help us to develop more efficient exercise programmes that will speed up recovery and treatment for shoulder impingement syndrome. A few participants experienced some pain when exercising.

Where is the study run from?

North Manchester General Hospital (UK).

When is the study starting and how long is it expected to run for?

From October 2005 to October 2009.

Who is funding the study?

North Manchester General Hospital (UK).

Who is the main contact?

Stuart Heron
stuart.heron@pat.nhs.uk

Contact information

Type(s)

Scientific

Contact name

Mr Stuart Heron

Contact details

North Manchester General Hospital

Delaunays Road

Crumpsall

Manchester

United Kingdom

M8 5RB

+44 (0)161 720 2423

stuart.heron@pat.nhs.uk

Additional identifiers

Protocol serial number

N0155182845

Study information

Scientific Title

Exercise therapy for shoulder impingement syndrome

Study objectives

To determine the effectiveness of 3 different exercise programmes used to treat chronic shoulder impingement syndrome?

Ethics approval required

Old ethics approval format

Ethics approval(s)

North Manchester LREC (UK), 14/11/2005, ref: 05/Q1406/90

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Musculoskeletal Diseases: Shoulder pain

Interventions

The intervention arms are three different exercise programmes: open kinetic chain strengthening, closed kinetic chain strengthening and range of motion.

Intervention Type

Behavioural

Primary outcome(s)

Effectiveness in reduction of shoulder impingement. Primary outcome measures are shoulder pain and disability index.

Key secondary outcome(s)

1. EuroQol Visual analogue scores
2. Exercise diary sheets
3. Perceived treatment efficacy

Completion date

31/10/2009

Eligibility**Key inclusion criteria**

Patients with chronic shoulder impingement syndrome (longer than 3 months)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

1. Shoulder pain of less than 3 months' duration
2. Cervical radiculopathy
3. Reduced passive glenohumeral joint range
4. Inflammatory arthritis
5. Known psychiatric disorder
6. Known neurological condition

Date of first enrolment

31/10/2005

Date of final enrolment

31/10/2009

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

North Manchester General Hospital

Manchester

United Kingdom

M8 5RB

Sponsor information

Organisation

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

Funder(s)

Funder type

Government

Funder Name

Pennine Acute Hospitals NHS Trust (UK), 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		01/06/2017	23/04/2021	Yes	No
Abstract results				No	No