

The effects of a functional fitness training in children with cerebral palsy

Submission date 20/12/2005	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 20/12/2005	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 07/11/2007	Condition category Nervous System Diseases	☐ 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
05-092

Study information

Scientific Title

Acronym

FITPRO-CP

Study objectives

Children with cerebral palsy will benefit from functional fitness training.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the local medical ethics committee

Primary study design

Interventional

Study design

Multicentre, randomised, single blinded, active controlled, parallel group trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Cerebral palsy (cerebral palsy)

Interventions

Fitness programme that consists of functional exercises. 45 minutes fitness training twice a week for 8 months.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Aerobic capacity.

Key secondary outcome(s)

1. Activities of daily life
2. Participation
3. Competence
4. Quality of life

Completion date

15/06/2006

Eligibility**Key inclusion criteria**

1. Cerebral palsy
2. Gross Motor Function Classification System (GMFCS) I or II

3. Age 7 - 20 years
4. Informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

1. Cardiac or respiratory conditions that may be affected by exercise
2. Surgical or orthopaedic procedures during or up to three months prior to the study

Date of first enrolment

15/10/2005

Date of final enrolment

15/06/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

Revalidatiecentrum De Hoogstraat

Utrecht

Netherlands

3583 TM

Sponsor information

Organisation

University Medical Center Utrecht (The Netherlands)

ROR

<https://ror.org/0575yy874>

Funder(s)

Funder type

Charity

Funder Name

Dr WM Phelps-Stichting Voor Spastici (The Netherlands)

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	01/11/2007		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes