

Exercise therapy for patello-femoral pain syndrome (PFPS): a randomised clinical trial in general practice and sports medicine

Submission date 16/07/2005	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 21/10/2005	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 26/10/2009	Condition category Musculoskeletal Diseases	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Sita Bierma-Zeinstra

Contact details
Erasmus MC - University Medical Center Rotterdam
Dr Molewaterplein 50
Kamer FF 320
Rotterdam
Netherlands
3015 GE

Additional identifiers

Protocol serial number
945-04-356

Study information

Scientific Title

Acronym

PEX-study

Study objectives

1. What is the effectiveness of advice and information by the physician in combination with supervised exercise therapy in patients with PFPS in general practice and sports clinics compared to advice and information by the physician only?
2. What is the cost-effectiveness of advice and information by the physician in combination with supervised exercise therapy in patients with PFPS in general practice and sports clinics compared to advice and information by the physician only?

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

Patello-femoral pain syndrome

Interventions

6 + 6 weeks exercise therapy (standardised) with initial supervision of physical therapist plus advice and information by the physician versus advice and information by the physician only

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Level of pain
2. Knee function
3. Subjective improvement

Key secondary outcome(s)

Cost-utility (economical evaluation)

Completion date

03/06/2007

Eligibility

Key inclusion criteria

Patients with patello-femoral pain syndrome aged 15-40 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Prior exercise therapy
2. Other knee problems (trauma, surgery, etc.)

Date of first enrolment

01/04/2005

Date of final enrolment

03/06/2007

Locations

Countries of recruitment

Netherlands

Study participating centre

Erasmus MC - University Medical Center Rotterdam

Rotterdam

Netherlands

3015 GE

Sponsor information

Organisation

Netherlands Organisation for Health Research and Development (ZonMw)

ROR

<https://ror.org/01yaj9a77>

Funder(s)

Funder type

Research organisation

Funder Name

Netherlands Organisation for Health Research and Development (ZonMw) project number 945-04-356

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	20/10/2009		Yes	No
Protocol article	protocol	17/03/2006		Yes	No