

Comparing eccentric overload training versus flywheel resistance training as a treatment for jumpers knee or patellar tendinopathy

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24586

Source

Nationaal Trial Register

Health condition

patellar tendinopathy, jumpers knee, springersknie, knieschijfpees letsel, patellatendinopathie

Sponsors and support

Primary sponsor: Drs. K.W Janssen, SMC Jeroen-Bosch Hospital Den Bosch

Source(s) of monetary or material Support: CZ fonds, Exxentric Flywheel Equipment

Intervention

Outcome measures

Primary outcome

NL-VISA-P score is measured via a questionnaire at the start and after 6, 12, 18, 26 and 52 weeks.

Secondary outcome

VAS scores are taken during testing. The participants are tested 3 times, at the start, after 6 and 12 weeks. The tests are single leg decline squat, max jump test and triple hop test. During these test the VAS score will be taken.

Study description

Background summary

Patellar tendinopathy is a common injury in sports. Our goal was to compare flywheel resistance training with eccentric overload training and assess if there is a difference in perceived pain during sports after a 6 week training program with a 1 year follow-up.

Study objective

Does flywheel resistance training give a better pain reduction than normal eccentric overload training for people with patellar tendinopathy?

Study design

Measurements will be taken at the start, then 6, 12, 18, 26 and 52 weeks after.

Intervention

Subjects with patellar tendinopathy are allocated to either the eccentric overload training group or the flywheel resistance group.

The eccentric training will train twice a day, doing 3x15 repetitions of one-leg squat on a decline board. The flywheel group will receive 2 timer a week resistance training using the flywheel device.

Contacts

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Eligibility criteria

Inclusion criteria

1. Subject is a male or female between the age of 18 and 50.
2. Subject has symptoms for at least 6 weeks
3. Subject participates in sports with a minimum of 1 hour per week.
4. No alternative diagnosis may exist

Exclusion criteria

1. Subject may not have had any surgery to the knee joint (incl arthroscopy)
2. Subject has no intra-articular pathology
3. Subject may not participate in any therapy regarding the knee for the past 6 weeks.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-10-2013
Enrollment:	100
Type:	Anticipated

Ethics review

Positive opinion
Date: 14-11-2013
Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 39954
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4242
NTR-old	NTR4387
CCMO	NL42622.028.13
OMON	NL-OMON39954

Study results