Comparison of two exercise protocols for insertional Achilles tedinopathy rehabilitation

No registrations found.

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

Summary

ID

NL-OMON29544

Source
Nationaal Trial Register

Brief title
IAT study

Health condition

insertional achilles tendinopathy, exercise, load, rehabilitation

Sponsors and support

Primary sponsor: University Medical Center Groningen (UMCG)
Source(s) of monetary or material Support: CNPq - National Council for Scientific and Technological Development

Intervention

Outcome measures

Primary outcome

Pain during calf-raise test

Secondary outcome

- Tendon Structure determined by the ultrasound tissue characterization (UTC)

- VISA-A questionnaire

- SF- 36 questionnaire

- Impact on work [Quality - Quantity questionnaire (QQ-q) and Work ability index (WAI)]

- Pain score

- Patients impression of improvement

Study description

Background summary

Ratinale:

Achilles tendinopathy (AT) is a common injury that normally affects physically active people and the incidence increases with age. Several studies have shown the efficacy of the eccentric exercises protocol as treatment in patients diagnosed with mid-portion AT. However, few studies assessed the effect of eccentric exercise in patients with insertional Achilles tendinopathy (IAT) and results are inconclusive.

Objectives:

The primary objective of this pilot study is to determine the effect of an isometric exercises plus eccentric-concentric exercise protocol compared to the usual care eccentric exercise protocol on Achilles tendon pain and structure in subjects diagnosed with IAT.

Study design:

Single blinded, pilot study using a 2 group design with a treatment period of 12 weeks.

Study population:

Patients diagnosed with insertional Achilles tendinopathy

Intervention:

One group will perform eccentric exercise during 12 weeks, the other group will perform isometric exercise during 4 weeks and after concentric-eccentric exercise during 8 weeks.

Main study parameters/endpoints:

Pain during calf-raise test

Study objective

Exercise leads to pain and funcional improvement in patients diagnosed with insertional Achilles tendinopathy

Study design

- pretreatment (Baseline)

- 4 weeks after baseline

- 8 weeks after baseline

- 12 weeks after baseline

Intervention

Eccentric exercise and Isometric exercise plus concentric exercise

Contacts

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Eligibility criteria

Inclusion criteria

- Individuals of both sexes, aged between 18 and 55 years

- Chronic pain in the Achilles tendon insertion for more than 3 months

- Pain during the palpation

- Abnormal ultrasound imaging (hypoechoic areas, irregular fiber orientation and thickening of the tendon).

Exclusion criteria

- Imaging abnormalities as: superficial or retrocalcaneal fluid on the ultrasound examination as a sign of bursitis, or changes on mid-portion tendon structure;

- Systematic disease (eg, diabetes, rheumatoid arthritis);

- Prior Achilles tendon rupture;

- Prior injections for Achilles tendinopathy treatment;

- Patient that performed eccentric calf-muscle training > 4 weeks under the supervision of a physical therapist before;

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):	18-04-2017
Enrollment:	30
Type:	Anticipated

Ethics review

Positive opinion

Date:	17-04-2017
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

No registrations found.

In other registers

Register	ID
NTR-new	NL6167

Register	ID
NTR-old	NTR6314
CCMO	NL58148.042.16

Study results