UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH

Title of study: A case series study investigating the effects of a 12 week graded exercise programme on pain and tendon structure in people with Achilles tendon pain.

Information Sheet

What is the study about?

This study is being done to establish the effects of a 12-week graded exercise programme on pain in individuals with Achilles tendon pain.

Who can take part in the study?

Anyone over 18 years old who has Achilles tendinopathy for more than 3 months limiting physical activity participation in any degree, who has not started treatment for any back/lower limb injury six weeks prior to the commencement of the study and who has not sustained a back/lower limb injury within the six weeks prior to the start of the study.

What will I have to do?

If you are interested in the study and you meet the inclusion criteria you will be required to attend in the Health Sciences Building at UL.

There are two parts to the study:
During the first part of the study, you will also be asked to fill out a questionnaire about your injury background, a medical history and past interventions you have had for your tendinopathy. Testing will also occur in the first part of the study. A comprehensive assessment of your strength, flexibility, tendon structure will all be assessed prior to the intervention. This will take about 60 minutes approximately.

The second part of the study involves giving you a tailored rehabilitation program based on your initial testing which will compromise of advice on your pain and your injury and then providing you with a tailored exercise program which will be progressed according to your response over a 12 week period. During this period you will be allowed to continue to exercise if you wish and advice will be provided on how this can be continued. You will then come back after 12 weeks and you will then be re-assessed as outlined above in the first part of the study.

Benefits

- The exercise programme may lead to improvement of strength and functional performance which are adversely affected in individuals with Achilles Tendinopathy.
- This study will help inform current athletes and those who will manage athletes with tendinopathy in the future about how to successfully manage people experiencing tendon injuries affecting participation. This may have positive impact on the potential for injury prevention.

Risks

Testing is non-invasive and therefore should have no serious risks. If you have any doubts about any possible risks, please don't hesitate to talk to the investigators about any concerns.

What if I do not want to take part?

Taking part in this study is completely voluntary. If you don't want to be in the study, you don't have to be. It won't affect you if you want to take part in other studies.

What happens to the information?

Your answers are anonymous so no-one will know who you are. You will be given a code for identification. Information will be stored securely on laptops. Only the people running the study will look at this information. After 7 years paper data will be shredded and electronic data will be electronically deleted from the laptops.

Who else is taking part?

Other recreational athletes with Achilles tendon injury from local running clubs and the local community will be recruited to participate in the study.

What happens at the end of the study?

After all the information is collected, it will be analysed and a report of the main findings will be written up. It is hoped that this study is published in journals which may hopefully inform physiotherapists and other medical professional how to better understand and treat tendon injuries. It is also intended to give talks on the results in relevant conferences and running clubs. All the data will be stored and destroyed as mentioned above.

What if I have more questions or do not understand something?

If you have any more questions, you can contact the project investigators at the details listed below at any time before, during or following the study. You can ask any questions you might have when you fill in the questionnaire, or during the physical screening.

Contact name and email details of project investigators

Kieran O'Sullivan: kieran.osullivan@ul.ie 061234119
Sean McAuliffe: sean.mcauliffe@ul.ie 0872223564

If you have any concerns about this study and wish to contact someone independent you may contact: Chairman Education and Health Sciences Research Ethics Committee

EHS Faculty Office
University of Limerick
Tel (061) 234101

Email: ehsresearchethics@ul.ie