

To investigate the effects of spinal manipulation for Achilles tendinopathy; a pilot study

ACTRN12612000304831

Status RECRUITING
Sponsor Laura Kingston
Enrollment 20 participants

Plain Language Summary

This pilot study is testing whether adding spinal manipulation (an adjustment technique used by physiotherapists and chiropractors) to a standard exercise program improves recovery from Achilles tendinopathy — a painful condition affecting the thick tendon at the back of the ankle. Participants will all do a 4-week program of eccentric (lengthening) exercises, and half will also receive spinal manipulation. Researchers will measure how well the ankle functions after treatment.

You may be eligible if:

- You are between 18 and 65 years old
- You have been diagnosed with chronic Achilles tendinopathy by an advanced physiotherapist
- You are available twice a week for a 20-minute physiotherapy appointment over 4 consecutive weeks

You may NOT be eligible if:

- You have a contraindication to spinal manipulation (e.g., osteoporosis, rheumatoid arthritis, cancer)
- You have tendinopathy in both ankles
- You have Scheuermann's disease
- You have a neurological disease
- You are pregnant
- You are unable to understand the treatment or study requirements

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- years old; diagnosis chronic AT by an advanced physiotherapist (i.e. post graduate practitioner); available twice weekly for a 20 minute physiotherapy appointment over 4 consecutive weeks.

Exclusion (1)

- Contraindications to spinal manipulation such as osteoporosis, rheumatoid arthritis or the presence of cancer; bilateral tendinopathy involvement; Scheuermann's disease; neurological disease; pregnancy; inability to understand intervention or protocol.

Locations (1 total)

Dunedin, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000304831>

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