

Functional assessment of orthopedic patients undergoing selected methods of physiotherapy.

ACTRN12622000573752

Status	RECRUITING
Sponsor	Jagiellonian University Medical College, Department of Orthopedics and Physiotherapy
Enrollment	250 participants

Plain Language Summary

Joint and soft tissue conditions such as carpal tunnel syndrome, Dupuytren's contracture, knee osteoarthritis, and ligament or meniscus injuries can significantly affect daily life and movement. Physiotherapy tailored to each person's specific condition is an important part of recovery, whether treated conservatively or after surgery. This study evaluates how well individualised physiotherapy programmes — using techniques such as manual therapy, targeted exercises, and physical modalities — improve function, reduce pain, and restore movement.

Participants attend regular one-on-one physiotherapy sessions over two to six months. Researchers measure muscle activity, joint position sense, tissue properties, pain levels, and overall function both before and after treatment, using objective measurement tools. The goal is to build better evidence for which physiotherapy approaches work best for specific conditions.

You may be eligible if you are between 18 and 70 years old and have been diagnosed with one or more of: carpal tunnel syndrome (confirmed by ultrasound or nerve test), Dupuytren's contracture in the hand, knee osteoarthritis on imaging, or a knee ligament or meniscus tear requiring surgery. People with rheumatoid arthritis, neurological diseases, or permanent locomotor system damage are not eligible.

Key Eligibility Criteria

Inclusion (6)

- Occurrence in the patient:
 - Carpal Tunnel Syndrome detected by objective ultrasound and/or EMG examination;
 - Dupuytren's contracture in at least one finger of the hand;
 - a knee osteoarthritis visible on imaging (X-ray and/or MRI);
 - ligaments injuries, a meniscus tear of the knee joint
- ... and 1 more (see full listing online)

Exclusion (6)

- Occurrence in the patient:
 - rheumatoid and / or neurological diseases;
 - advanced pathological changes in the spine;
 - advanced pathological changes in the foot and / or hip joints;
 - advanced pathological changes within the joints of the shoulder and elbow complexes;
- ... and 1 more (see full listing online)

Locations (1 total)

Poland

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622000573752>

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