

Effects of an omega-3 rich food on markers of inflammation in people with Achilles tendinopathy.

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Status	RECRUITING
Sponsor	University of Auckland
Enrollment	60 participants

Plain Language Summary

Achilles tendinopathy is a painful condition of the tendon that connects the calf muscles to the heel bone, often causing stiffness and aching that makes walking and exercise difficult. Chronic inflammation plays a key role in why the tendon struggles to heal properly. Omega-3 fatty acids — found in fish oil and certain algal oils — are well known to reduce inflammation throughout the body, but their specific effect on tendon healing has not been well studied in a clinical trial.

This study recruits people with Achilles tendinopathy from physiotherapy clinics in Auckland and randomly assigns them to either a food product containing omega-3 (from algal and NZ Hoki fish oil) or a placebo product containing vegetable oil with no omega-3. Participants eat 9 grams of their assigned product daily for 12 weeks. Blood tests for inflammatory markers, ultrasound scans of the tendon, and questionnaires about pain and wellbeing are completed at the start, at 6 weeks, and at 12 weeks.

You may be eligible if you have been diagnosed with Achilles tendinopathy by a physiotherapist and have had symptoms for more than four weeks. You would not be eligible if you currently take omega-3 supplements or anti-inflammatory drugs (NSAIDs), have had injections for the condition, have an autoimmune disease, or have a BMI above 30.

Key Eligibility Criteria

Inclusion (1)

- Diagnosed insertional or mid-portion Achilles tendinopathy by trained physiotherapist with symptoms lasting more than four weeks

Exclusion (1)

- Currently taking omega 3 supplements, currently taking NSAIDs, previous injectable treatments, tendinopathy caused by high impact trauma, BMI >30, auto-immune disease.

Locations (1 total)

Auckland, New Zealand