

Exercise for diabetes-related foot wounds

ACTRN12625000526471

Status	RECRUITING
Sponsor	University of South Australia
Enrollment	60 participants

Plain Language Summary

A foot wound in someone with diabetes is more than just a wound — it is a complex medical problem that heals slowly, carries a risk of serious infection, and can ultimately lead to amputation. Exercise is known to improve circulation and healing, but it is rarely prescribed for people with active foot wounds out of caution. This feasibility study is testing whether a 12-week, individually tailored exercise program supervised by an Accredited Exercise Physiologist can be safely and practically embedded within existing diabetes foot care services.

The program is designed with each participant's specific wound and fitness level in mind. The study will assess how feasible and acceptable the program is, paving the way for a larger trial if the results are promising.

You may be eligible if you have a diabetes-related foot wound (WIFI wound score of 1 or higher), can understand English well enough to give consent and complete questionnaires, and are not primarily wheelchair-dependent. People with active systemic infection or wounds requiring urgent surgery are not eligible. This research could eventually make exercise a standard part of diabetes foot wound care.

Key Eligibility Criteria

Inclusion (3)

- People with a diabetes-related foot wound
- Wound, Ischemia, and Foot Infection (WIFI) wound score equal or greater than 1
- Able to understand English to provide informed consent and complete questionnaires.

Exclusion (5)

- Foot ulcer in the absence of diabetes
- Active infection with systemic symptoms
- TCPO2 or Toe Pressures <30mmHg and requiring surgery.
- Surgical wounds (<4weeks)
- Patients requiring a wheelchair on a regular basis.

Locations (1 total)

SA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000526471>

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