

Exercise in Patients With Hypermobile Joints and Knee Pain

NCT06277401

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Southern Denmark
Enrollment	90 participants

Key Eligibility Criteria

Inclusion (4)

- Persistent knee pain for e 3 months (self-reported)
- Knee pain e 30mm during the last week using a 0-100 mm visual analogue scale (VAS; 0=no pain and 100=worst imaginable pain) (self-reported)
- Generalised joint hypermobility assessed with the Five-Part Hypermobility Questionnaire (positive e 2/5) (self-reported)
- Local knee joint hypermobility using the passive hyperextension of the knee in standing (positive ≥ 10 degrees of hyperextension) and confirmed in supine lying (heel resting on 20 cm high block on the bench surface), with passive knee hyperextension (positive ≥ 10 degrees) (objectively measured)

Exclusion (9)

- Diagnosed with patellar tendinopathy
 - Pregnancy or childbirth within the past year (due to increased levels of relaxin that could affect joint stability)
 - Knee surgery within the past year
 - Participation in regular structured resistance training within the past six months
 - Inability to speak and understand Danish.
- ... and 4 more (see full listing online)

Locations (2 total)

Physiotherapy Clinics Region of Southern Denmark, Odense, Fyn, Denmark
University of Southern Denmark, Odense, Fyn, Denmark