Titre	**TEAM Trial** – Les tendinopathies achiléennes (2015-2018)
Acronyme	TEAM Trial
Statut (dates début-fin)	En cours
Requérant-e principal-e (site)	• Dawn Carnes (steering committee) (HES-SO – Haute école de santé Fribourg, http://www.heds-fr.ch)
Co-requérant-e-s (site)	
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Résumé	Cet essai clinique randomisé teste l'efficacité d'injections de sérum physiologique pour diminuer les douleurs lors de tendinites achiléennes. **Abstract** **Background** Achilles tendinopathy is common, recurrent, painful and limits the activity of those affected. It causes substantial direct NHS costs and substantial indirect costs due to reduced physical activity participation. There are consequential effects on occupation and exercise for health. Taken collectively, tendinopathies are the second most common problem seen by physiotherapists in the NHS. Tendinopathies are typically slow to respond to conservative treatment, usually consisting of progressive eccentric loading (EL), a form of muscle contraction while lengthening with good evidence. No established interventions have high success rates. We do not know why some people improve and others do not. Surgery often has unsatisfactory outcomes, many side effects and long recovery periods. Recent advances have suggested that two intermediate interventions - shock wave therapy (SWT) and high volume image guided injection (HVIGI) - have the potential to improve outcomes for people with tendinopathy. SWT typically involves three treatments, one week apart, and is increasingly accepted into mainstream practise with stage ll clinical trials demonstrating some efficacy. HVIGI has only been subject to evaluation by case series with some encouraging findings of statistically significant and clinically meaningful improvements on well-validated outcome measures. **Aim** The overarching aim is to test the effectiveness and cost effectiveness of shock wave therapy (SWT) and high volume image guided injection (HVIGI) when added to an exercise programme consisting mainly of eccentric loading (EL). Specific objectives are: • To pilot the interventions and trial procedures • To run a three arm RCT for effectiveness • To monitor adverse events • To conduct a cost-effectiveness analysis • To do a process evaluation of the trial and the interventions **Method** A three arm randomised clinical trial of eccentric loading, high volume injection and shock wave therapy for achilles tendinopathy. Adults aged between 18 and 64: with greater than three month history of pain in the mid-Achilles area with a clinical diagnosis of Achilles tendinopathy confirmed on ultrasound scan will be recruited and randomised, 60 in each arm of the trial.

	The primary outcome will be VISA-A score and we will test the hypothesis that there is no difference in this between the EL+HVIGI and EL alone arms over the study period using a multilevel model with random effects to account for clustering (recruitment centre) and repeated measures, and adjustment for activity level and VISA-A score at entry to the study.
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Valorisation (publications, conférences, congrès)	À venir