

# Clinical trials of structured exercise training

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## 1 heart failure

Trial	Treatments	Patients	Trials design and methods
<b>structured exercise training vs control</b>			
<a href="#">Patwala , 2009</a> n=25/25 follow-up: 6 months	program of physician-supervised exercise training versus control	patients with chronic systolic heart failure receiving a Cardiac Resynchronization Therapy device	Parallel groups open
<a href="#">HF-ACTION , 2008</a> [NCT00047437] n=1159/1172 follow-up: mean 2.5 y	highly structured exercise program focused on increasing workout intensity and duration versus usual care,including recommendations for daily exercise	heart-failure patients (NYHA class 2-4, ejection fraction <35% )	Parallel groups open USA, Canada, France

More details and results :

- Exercise Therapy for heart failure in all type of patients at <http://www.trialresultscenter.org/go-Q88>
- Exercise Therapy for heart failure in patients receiving a CRT device at <http://www.trialresultscenter.org/go-Q330>

## References

### Patwala, 2009:

Patwala AY, Woods PR, Sharp L, Goldspink DF, Tan LB, Wright DJ Maximizing patient benefit from cardiac resynchronization therapy with the addition of structured exercise training: a randomized controlled study. J Am Coll Cardiol 2009;53:2332-9 [[19539142](#)]

### HF-ACTION, 2008:

O'Connor CM, Whellan DJ, Lee KL, Keteyian SJ, Cooper LS, Ellis SJ, Leifer ES, Kraus WE, Kitzman DW, Blumenthal JA, Rendall DS, Miller NH, Fleg JL, Schulman KA, McKelvie RS, Zannad F, Pia IL Efficacy and safety of exercise training in patients with chronic heart failure: HF-ACTION randomized controlled trial. JAMA 2009 Apr 8;301:1439-50 [[19351941](#)]

Flynn KE, Pia IL, Whellan DJ, Lin L, Blumenthal JA, Ellis SJ, Fine LJ, Howlett JG, Keteyian SJ, Kitzman DW, Kraus WE, Miller NH, Schulman KA, Spertus JA, O'Connor CM, Weinfurt KP Effects of exercise training on health status in patients with chronic heart failure: HF-ACTION randomized controlled trial. JAMA 2009 Apr 8;301:1451-9 [[19351942](#)]