

# Clinical trials of structured exercise training

TrialResults-center [www.trialresultscenter.org](http://www.trialresultscenter.org)

## 1 heart failure

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