Trial Registration data

Data category	**Information**
Primary registry and trial identifying number	ISRCTN registry (ISRCTN46462385).
Date of registration in primary registry	13/08/2021
Secondary identifying numbers	N/A
Source(s) of monetary or material support	This research received no specific grant from any funding agency in the public, commercial or not-for-profit sectors
Primary sponsor	University of Birmingham
Secondary sponsor(s)	N/A
Contact for public queries	Ignacio Contreras-Hernandez (iac921@student.bham.ac.uk)
Contact for scientific queries	Eduardo Martinez-Valdes (E.A.MartinezValdes@bham.ac.uk)
Public title	Effects of two different exercise protocols in individuals with non-insertional Achilles tendinopathy
Scientific title	Neuromuscular and structural tendon adaptations after 6-weeks of either concentric or eccentric exercise in individuals with non-insertional Achilles tendinopathy: Protocol for a randomised controlled trial.
Countries of recruitment	United Kingdom
Health condition(s) or problem(s) studied	Non-insertional Achilles tendinopathy
Intervention(s)	Eccentric plantarflexion contractions Concentric plantarflexion contractions
Key inclusion and exclusion criteria	Men or women aged 18 to 55 years old. Inclusion criteria are non-insertional Achilles tendinopathy determined by an experienced physiotherapist based on defined clinical findings, physical examination, and ultrasound assessment, as well as having pain for at least 3 months. The exclusion criteria for healthy participants and individuals with non-insertional Achilles tendinopathy include: (1) systemic or inflammatory conditions including rheumatic, neuromuscular disorders, and malignancy, (2) current or history of chronic respiratory, neurological, or cardiovascular diseases, (3) history of lower limb surgery. Specific exclusion criteria for the participants with non-insertional Achilles tendinopathy are participation in any other treatment or rehabilitation program for Achilles tendinopathy, corticosteroid injections in the previous 12 months, and insertional Achilles tendinopathy.
Study type	Two-arm, parallel group, randomised controlled trial.
Date of first enrolment	04/10/2021
Target sample size	A total of 26 individuals with non-insertional Achilles tendinopathy and 13 healthy controls
Recruitment status	Recruiting

Primary outcome(s)	The primary outcomes for this study will be gastrocnemius medialis, gastrocnemius lateralis, and soleus muscles motor unit firing properties. These properties include motor unit discharge rate, recruitment and de-recruitment thresholds, and discharge rate variability.
Key secondary outcomes	Secondary outcomes will include level of pain and function, Achilles tendon length, thickness, cross-sectional area, and stiffness.

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From: Chan A, Tetzlaff JM, Gøtzsche PC, Altman DG, Mann H, Berlin JA, Dickersin K, Hróbjartsson A, Schulz KF, Parulekar WR, Krleža-Jeric K, Laupacis A, Moher D. SPIRIT 2013 explanation and elaboration: guidance for protocols of clinical trials. BMJ 2013; 346:e7586