

# Reducing pain and disability in patients with chronic musculoskeletal pain with a stretch class - A randomised controlled trial

<b>Submission date</b> 30/09/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/09/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 24/08/2015	<b>Condition category</b> Signs and Symptoms	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Miss K Wynne

### Contact details

Pain Management Centre  
National Hospital for Neurology and Neurosurgery  
Queen Square  
London  
United Kingdom  
WC1N 3BG

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0263117670

# Study information

## Scientific Title

Reducing pain and disability in patients with chronic musculoskeletal pain with a stretch class - A randomised controlled trial

## Study objectives

Do patients who attend a stretch exercise class have a greater reduction in pain and disability than those who receive a stretch booklet or no exercise advice at all?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Treatment

## Participant information sheet

## Health condition(s) or problem(s) studied

Signs and Symptoms: Pain

## Interventions

1. Stretch exercise classes
2. Stretch booklets
3. No exercise

## Intervention Type

Behavioural

## Primary outcome measure

1. Pain numerical rating scales (distress and intensity)
2. Pain disability index
3. Tampa scale for kinesiophobia

## Secondary outcome measures

Not provided at time of registration

**Overall study start date**

20/11/2002

**Completion date**

01/12/2006

## **Eligibility**

**Key inclusion criteria**

171 patients from Pain Management

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

171

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

20/11/2002

**Date of final enrolment**

01/12/2006

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**National Hospital for Neurology and Neurosurgery**

London

United Kingdom

WC1N 3BG

# Sponsor information

## Organisation

Department of Health

## Sponsor details

Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL

## Sponsor type

Government

## Website

<http://www.dh.gov.uk/Home/fs/en>

# Funder(s)

## Funder type

Government

## Funder Name

University College London Hospitals NHS Trust (UK)

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration