

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

Submission date 30/09/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 30/09/2004	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 24/08/2015	Condition category 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

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Contact details

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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