

Primary care management of back pain: a randomised controlled trial of an exercise programme

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| Submission date 12/07/2002 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol |
| Registration date 12/07/2002 | Overall study status Completed | <input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results |
| Last Edited 04/04/2013 | 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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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

K0045

Study information

Scientific Title

Study objectives

Not provided at time of registration

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)

GP practice

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Primary care low back pain

Interventions

Active intervention: A programme of eight group exercise classes of 1 h each, spread over 4 weeks with up to 10 participants in each class. The programme was led by a physiotherapist and incorporated cognitive behavioural principles and was conducted in a community setting. It included stretching, low impact aerobic and strengthening exercises and simple education messages.

Control group: Patients continued under the care of their doctor.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Not provided at time of registration

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/01/2002

Completion date

31/12/2002

Eligibility

Key inclusion criteria

Patients with mechanical low back pain of at least 4 weeks duration but less than 6 months, aged between 18 and 60, declared medically fit by their GP to undertake the exercise and who had consulted one of the GPs taking part in the study.

Participant type(s)

Patient

Age group

Not Specified

Sex

Not Specified

Target number of participants

Not provided at time of registration

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/01/2002

Date of final enrolment

31/12/2002

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Institute of Rehabilitation
Hull
United Kingdom
HU3 2PG

Sponsor information

Organisation

Arthritis Research Campaign (ARC) (UK)

Sponsor details

Copeman House
St Mary's Court
St Mary's Gate
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info@arc.org.uk

Sponsor type

Charity

Website

<http://www.arc.org.uk>

ROR

<https://ror.org/02jkpm469>

Funder(s)

Funder type

Charity

Funder Name

Arthritis Research Campaign (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