

# The UK Back pain, Exercise Active management and Manipulation trial

<b>Submission date</b> 23/10/2000	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/10/2000	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 06/07/2009	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

G9628230

## Study information

### Scientific Title

**Acronym**

UK BEAM

**Study objectives**

To evaluate the effectiveness of different physical interventions for back pain in primary care.

**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

**Study type(s)**

Not Specified

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

Primary care

**Interventions**

General practices randomised between:

I. An active management training programme and conventional management

Patients within practices randomised between:

II. A spinal manipulation package agreed recently by representatives of the chiropractic, osteopathy and physiotherapy professions and delivered in private premises, the same package delivered in NHS premises and conventional management

III. A promising progressive exercise package supported by representatives of the physiotherapy profession and conventional management

Please note that, as of 14/02/2007, the anticipated end date of this trial has been updated to 31/08/2004.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

The primary outcome measure is the change in Roland Disability Questionnaire (RDQ) score at 3 and 12 months. A change of 2.5 points on the scale has been agreed by the UK BEAM Working Party and Trial Steering Committee as clinically significant.

**Key secondary outcome(s))**

Not provided at time of registration

**Completion date**

30/04/2001

## **Eligibility**

**Key inclusion criteria**

1. Primary care back pain consultants aged between 18 and 65 years
2. Non-specific back pain
3. Referred leg pain must be predominantly above knee
4. Fluent in English - able to read and write
5. No physical therapies in previous 3 months
6. Duration at least 4 weeks
7. Roland Disability Questionnaire (RDQ) score of 4 or more

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

65 years

**Sex**

All

**Key exclusion criteria**

1. People over 65
2. Clinical indications for the investigation of possible serious spinal or neurological pathology, or for urgent surgical referral
3. Nerve root pain
4. Previous spinal surgery
5. Major psychological complication or abnormal illness behaviour, referred to a tertiary pain management programme
6. Other musculoskeletal disorders which would interfere with therapy
7. History of psychosis or major alcohol abuse
8. Other concurrent medical conditions, including cardiovascular disease
9. Moderate to severe hypertension
10. Long-term steroid use
11. Anti-coagulant therapy
12. Perceived inability to walk 100 metres when free of pain
13. Unable to get up and down off floor unaided

- 14. Physical therapy (including acupuncture) in the previous 3 months
- 15. Unable to read and write fluently in English
- 16. Roland Disability questionnaire score of 3 or less on the day of randomisation

**Date of first enrolment**

01/09/1997

**Date of final enrolment**

30/04/2001

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**University of Kent**

Kent

United Kingdom

CT2 7NF

## **Sponsor information**

**Organisation**

Medical Research Council (UK)

## **Funder(s)**

**Funder type**

Research council

**Funder Name**

Medical Research Council (UK)

**Alternative Name(s)**

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

## Results and Publications

**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/08/2003		Yes	No
<a href="#">Results article</a>	results on cost effectiveness	11/12/2004		Yes	No
<a href="#">Results article</a>	results on effectiveness	11/12/2004		Yes	No
<a href="#">Results article</a>	results	01/06/2006		Yes	No
<a href="#">Results article</a>	results	11/06/2009		Yes	No