

A randomised clinical trial to determine the effects on the neck range of movement of SNAGs versus exercise

Submission date 28/09/2007	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 28/09/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 14/09/2012	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<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

Protocol serial number

N0453192079

Study information

Scientific Title

Study objectives

A sustained natural apophyseal glide (SNAG) is a technique widely used by physiotherapists to treat patients with neck problems, however, its efficacy in comparison with the standard treatment of exercise is unknown. This study intends to establish which physiotherapy modality is better in improving neck pain. There is a lot of conjectural evidence from the author of the SNAG and case studies. But the technique has not been subjected to the rigorous testing of a randomised clinical trial.

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)

Treatment

Health condition(s) or problem(s) studied

Musculoskeletal Diseases: Neck problems

Interventions

This is to find out if SNAG technique has improved neck exercise. The purpose of the study is to compare two physiotherapeutic techniques to establish which is better in improving pain, stiffness and disability in patients with neck pains. All the patients assessment will take place within the same physiotherapy department by the same physiotherapist. Baseline characteristics of each group will be monitored for age, sex whether the cause of their pain is known or unknown and the length of time of their pain to minimise confounding variables. If a diagnosis of mechanical neck pain is made, and if they meet the inclusion/exclusion criteria they will be asked if they would like to participate in the study. All patients will be given a patient information sheet to take home and read and consult with relatives for a minimum of 48 hours. If they agree to take part in the study they will be asked to sign a consent form. The outcome measures process may take approximately 10 minutes.

Following completion of the 8 week study period if the patients symptoms have not resolved they will receive any other appropriate treatment as necessary with the physiotherapist otherwise they will be discharged.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

A change in neck range of motion, measured in degrees and after treatment interventions.

Key secondary outcome(s)

Not provided at time of registration

Completion date

13/08/2009

Eligibility**Key inclusion criteria**

Not provided at time of registration

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

13/02/2007

Date of final enrolment

13/08/2009

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

MRI Central Manchester & Manchester Children's University Hospitals

Manchester

United Kingdom

M13 9WL

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Funder(s)

Funder type

Government

Funder Name

Central Manchester and Manchester Children's University Hospitals NHS Trust (UK)

Funder Name

NHS R&D Support Funding

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration