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

Submission date	Recruitment status	[ ] Prospectively registered
28/09/2007	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
28/09/2007	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
14/09/2012	Musculoskeletal Diseases	[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N0453192079

Study information

Scientific Title

Study objectives
A sustained natureal 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 participated 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