

Is a specific exercise to correct position of dorsal pelvic joints in patients with pelvic pain effective?

Submission date 15/03/2018	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 27/03/2018	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 06/11/2019	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

It is assumed that in some patients with pain in the pelvic area, the dorsal joints of the pelvis may be mis-aligned. Due to this mis-alignment some specific ligaments become overstretched and painful. Pressure on this painful ligament produces pain in a specific area. This procedure is called: the long dorsal ligament (LDL) test. Thus, when positive, this test is an indication of mis-alignment of the pelvic joint.

For patients with pain in the pelvic area there are exercises that are believed to relieve pain because they reposition the pelvic joints. It is unclear whether these exercises really can be effective. This study investigates whether these self-mobilization exercises are effective in correcting sacro-iliac

joint position. For this study patients that apply for treatment in our centre are asked to perform either the specific mobilising exercise or a sham exercise. If the mobilization is effective the LDL test should be less painful.

Contact information

Type(s)

Public

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Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
SJC201202

Study information

Scientific Title
The effect of self-mobilizing exercises for correction of counternutated Sacro-iliac joints in pelvic girdle pain patients

Study objectives
Self-mobilization exercises are effective in correcting sacro-iliac joint position

Ethics approval required
Old ethics approval format

Ethics approval(s)
The study was initiated in 2012 (Q4). At that time ethics approval was not required. Study results were presented at a conference. Since it not our primary activity (we are a rehab centre) it took us a long time to convert the study results to a manuscript.

Study design
Randomized controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet.

Health condition(s) or problem(s) studied

Chronic pelvic girdle pain

Interventions

Patients were randomized by pulling a lot from a bag.

Intervention: patients performed a self-mobilisation exercise according to the exercise described by Richard DonTigny.

Control group: patients performed from a similar posture to the intervention group a mobilisation in opposite direction.

Both groups made 3 repetitions of 5 seconds for the exercise.

Intervention Type

Behavioural

Primary outcome measure

1. LDL test (pain provocation of long dorsal sacroiliac ligament) tested before and after each treatment.
2. Pain score visual analogue score before and after each treatment.

Secondary outcome measures

N/A

Overall study start date

01/06/2012

Completion date

15/06/2013

Eligibility

Key inclusion criteria

1. Patients with chronic pelvic girdle pain who came to the Spine & Joint Centre for treatment.
2. Aged 18 years and older age range
3. Positive LDL test

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

100-150 (50-75 each group)

Key exclusion criteria

Negative LDL test

Date of first enrolment

01/12/2012

Date of final enrolment

15/06/2013

Locations

Countries of recruitment

Netherlands

Study participating centre

Spine & Joint Centre, the Netherlands

Noordsingel 113

ROTTERDAM

Netherlands

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Sponsor information

Organisation

Spine & Joint Centre

Sponsor details

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Sponsor type

Hospital/treatment centre

Website

www.spineandjoint.nl

Funder(s)

Funder type

Not defined

Funder Name

Spine & Joint Centre (Netherlands)

Results and Publications

Publication and dissemination plan

A publication is prepared, however trial registration is required for publication. Results have been presented at the 8th Interdisciplinary World Conference of Low Back and Pelvic Pain in October 2013 (see abstract at <https://www.spineandjoint.nl/wp-content/uploads/2018/03/abstract-Sam.pdf> and poster at https://www.spineandjoint.nl/wp-content/uploads/2018/03/Poster-A5-Samantha_03.pdf). Publication as soon as possible.

Intention to publish date

01/04/2018

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

Available on request