

# Evaluation of the Oxfordshire Physiotherapy Service for patients with low back pain: a multicentre randomised controlled trial

<b>Submission date</b> 16/07/2002	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 16/07/2002	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/10/2007	<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

Dr Helen Frost

### Contact details

Faculty of Health Sciences  
Physiotherapy Department  
Queen Margaret University College  
Duke Street  
Leith  
Edinburgh  
United Kingdom  
EH6 8HF  
+44 (0)131 317 3654  
hfrost@qmuc.ac.uk

## Additional identifiers

### Protocol serial number

F0519

## Study information

## Scientific Title

### Study objectives

To measure the effectiveness of routine physiotherapy compared with an assessment session and advice from a physiotherapist for patients with low back pain.

### 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)

Quality of life

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

Low back pain

### Interventions

Group 1: Advice group -

This group will have a single contact with a physiotherapist who will offer self management advice as specified in the advice booklet (see below). Specific exercises will not be advised.

Group 2: Routine physiotherapy treatment -

The physiotherapists will decide on the content of treatment according to their assessment. Treatment will be restricted to a combination of the following techniques depending on the physiotherapists' clinical judgment:

1. Mobilisation techniques including manipulation
2. Soft tissue techniques
3. Individual exercise programmes
4. Heat or cold treatment.

No electrotherapy or traction will be used. Trial participants will receive a maximum of six treatment sessions. Information will be recorded on the type of physiotherapy intervention and the level of training and clinical experience of the physiotherapist.

Advice booklet:

Patients in group 1 and group 2 will be given a standardised advice booklet that has been produced by a group of experts in the field of low back pain. The advice in the booklet will be explained by the physiotherapist in a session lasting up to 1 hour. It will encourage activity and discourage bed rest.

### Intervention Type

Other

**Phase**

Not Specified

**Primary outcome(s)**

Scores on the Oswestry disability index at 12 months: 0% (no disability) to 100% (totally disabled or bed ridden).

**Key secondary outcome(s)**

1. Scores on the Oswestry disability index at two and six months
2. Scores on the Roland and Morris disability questionnaire at 2, 6, and 12 months
3. General health was measured with the 36-item Short Form health survey (SF-36) at 2, 6, and 12 months (higher scores indicate better health)
4. Patient perceived benefit of treatment was measured on a scale from 0 (no benefit) to 10 (maximum benefit) and on a dichotomous scale (perceived benefit or no perceived benefit)

**Completion date**

01/01/2001

**Eligibility****Key inclusion criteria**

1. Aged 18+ years
2. Subacute (more than 6 weeks less than 3 months) or chronic (more than 3 months) mechanical low back pain
3. With or without leg pain or neurological signs

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Patients with serious conditions including:
  - 1.1. Systemic rheumatological disease
  - 1.2. Gynaecological problems
  - 1.3. Ankylosing spondylitis
  - 1.4. Tumours
  - 1.5. Infection
2. Past spinal operations

3. Treatment for physical problems in the past month
4. Referred for intensive functional restoration programmes

**Date of first enrolment**

01/10/1997

**Date of final enrolment**

01/01/2001

## **Locations**

**Countries of recruitment**

United Kingdom

Scotland

**Study participating centre**

**Faculty of Health Sciences**

Edinburgh

United Kingdom

EH6 8HF

## **Sponsor information**

**Organisation**

Arthritis Research Campaign (ARC) (UK)

**ROR**

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

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

Arthritis Research Campaign (UK)

## **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	25/09/2004		Yes	No