# Efficacy of conventional physiotherapy and manipulative physiotherapy in the treatment of low back pain. A randomised controlled trial

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
10/10/2002	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
10/10/2002	Completed	Results
Last Edited	Condition category	Individual participant data
01/07/2009	Musculoskeletal Diseases	Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

#### Type(s)

Scientific

#### Contact name

Dr ASL Leung

#### Contact details

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Hong Kong

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# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

Secondary identifying numbers

711003

# Study information

#### Scientific Title

#### **Study objectives**

The objective of this trial was to compare the relative effectiveness of two common forms of physiotherapy:

- 1. Conventional Physiotherapy (CPT): consists of the use of electrical current, heat, cold, exercise and massage, and
- 2. Manipulative Physiotherapy (MPT): primarily consists of passive joint mobilisation and manipulative techniques, in the short and long term.

#### 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

#### Secondary study design

Randomised controlled trial

#### Study setting(s)

Hospital

#### Study type(s)

Treatment

#### Participant information sheet

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

Low back pain

#### Interventions

Subjects will be randomised into either the CPT or MPT groups:

- 1. CPT includes modalities such as heat and cold therapy, nerve stimulation, active exercises, hydrotherapy, etc.
- 2. MPT includes manual techniques such as passive mobilization and manipulative high velocity thrusts.

Patients in both groups also received lumbar traction.

#### Intervention Type

#### Other

#### Phase

**Not Specified** 

#### Primary outcome measure

The main outcome measures were disability, health and pain. These parameters were assessed by the:

- 1. Aberdeen Low Back Pain Disability Scale
- 2. Current Perceived Health 42 (CPH42) Profile
- 3. Numerical Pain Scale (NRS). The NRS measures pain intensity from no pain to intolerable pain along an 11-point scale.

The research assistants, who were blind to the treatment routine administered the questionnaires at baseline, then at 3, 6, and 12 weeks (short term) followed by 6, 9, 12 months (long term) after physiotherapy commenced.

#### Secondary outcome measures

Not provided at time of registration

#### Overall study start date

01/01/2000

#### Completion date

01/09/2002

# **Eligibility**

#### Key inclusion criteria

- 1. Patients are medically referred
- 2. Patients presented no contraindication to Conventional physiotherapy (CPT) and Manipulative (MPT) physiotherapy
- 3. Aged 18 to 65 years
- 4. Low back pain (LBP) not treated by physiotherapist in the previous month
- 5. Duration of LBP at least 2 weeks before attending physiotherapy
- 6. Patient's consent to participate in the randomised controlled trial
- 7. Patient's agreement to be followed up to 12 months post-commencement of treatment

#### Participant type(s)

Patient

#### Age group

Adult

#### Lower age limit

18 Years

#### Sex

Both

#### Target number of participants

440

#### Key exclusion criteria

Does not meet inclusion criteria

#### Date of first enrolment

01/01/2000

#### Date of final enrolment

01/09/2002

### Locations

#### Countries of recruitment

Hong Kong

# Study participating centre Department of Rehabilitation Sciences

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Hong Kong

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# Sponsor information

#### Organisation

Hong Kong Health Services Research Fund (Hong Kong)

#### Sponsor details

Health Welfare and Food Bureau Government Secretariat, HKSAR 20th floor Murray Building Garden Road

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Hong Kong

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+852 (0)2973 8288 hsrf@hwfb.gov.hk

#### Sponsor type

Government

#### Website

http://www.fhb.gov.hk/grants/english/funds/funds\_hhsrf/funds\_hhsrf\_abt/funds\_hhsrf\_abt.html

#### ROR

https://ror.org/03qh32912

# Funder(s)

#### Funder type

Government

#### Funder Name

Hong Kong Health Services Research Fund (Hong Kong)

# **Results and Publications**

#### Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

#### IPD sharing plan summary

Not provided at time of registration