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# Is the McKenzie system in physiotherapy more effective than a Brief Intervention in helping patients cope with their back or neck pain?

**Submission date**
18/07/2002

**Recruitment status**
No longer recruiting

**Registration date**
18/07/2002

**Overall study status**
Completed

**Last Edited**
07/06/2011

**Condition category**
Musculoskeletal Diseases

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

**Contact name**
Dr Jennifer Klaber Moffett

**Contact details**
Institute of Rehabilitation
University of Hull
215 Anlaby Road
Hull
United Kingdom
HU3 2PG
+44 (0)1482 675610

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
K0572

# Study information

### Scientific Title

### Acronym
McKABI

### Study objectives
Not provided at time of registration

### 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)
Not specified

### Study type(s)
Treatment

### Participant information sheet

### Health condition(s) or problem(s) studied
Back pain and neck pain

### Interventions
Patients randomised to the McKenzie group will be allocated to a McKenzie trained physiotherapist.

Patients randomised to the Brief Intervention group based on cognitive¿behavioural principles. It will consist of a brief assessment and physical examination to exclude any serious pathology, helping the patient to identify specific problems and work out solutions using a patient education booklet, and encouraging movement and appropriate paced exercises.

### Intervention Type
Other

### Phase

Not Specified

### Primary outcome measure
Tampa Scale of Kinesiophobia

### Secondary outcome measures
Not provided at time of registration

### Overall study start date
31/08/2002

### Completion date
30/08/2006

## Eligibility

### Key inclusion criteria
1. Sub-acute or chronic neck and back pain of mechanical origin (lasting at least 3 weeks)
2. Able to travel independently to the physiotherapy department
3. Age range at least 18 years (no upper limit).

The aim is to be as inclusive as possible in order to improve generalisability and clinical relevance of the findings.

### Participant type(s)
Patient

### Age group
Not Specified

### Lower age limit
18 Years

### Sex
Not Specified

### Target number of participants
315

### Key exclusion criteria
Not provided at time of registration

### Date of first enrolment
31/08/2002

### Date of final enrolment
30/08/2006

## Locations

**Countries of recruitment**
England

United Kingdom

**Study participating centre**
**Institute of Rehabilitation**
Hull
United Kingdom
HU3 2PG

# Sponsor information

**Organisation**
Arthritis Research Campaign (ARC) (UK)

**Sponsor details**
Copeman House
St Mary's Court
St Mary's Gate
Chesterfield
Derbyshire
United Kingdom
S41 7TD
-
info@arc.org.uk

**Sponsor type**
Charity

**Website**
http://www.arc.org.uk

**ROR**
https://ror.org/02jkpm469

# Funder(s)

**Funder type**
Charity

**Funder Name**

# 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

## Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 01/12/2006 | | Yes | No |