

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

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|--|---|--|
| Submission date 18/07/2002 | Recruitment status No longer recruiting | <input checked="" type="checkbox"/> Prospectively registered |
| Registration date 18/07/2002 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 07/06/2011 | Condition category 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

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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

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Derbyshire

United Kingdom

S41 7TD

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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 |