

A comparison of the effectiveness of three physiotherapy regimes commonly used to reduce disability in patients with chronic low back pain

Submission date 10/07/2002	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 10/07/2002	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 06/01/2011	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

C0647

Study information

Scientific Title

Study objectives

Chronic low-back pain has enormous personal and socio-economic costs locally, nationally and internationally. However, diagnosis is difficult and treatment controversial. Many forms of Physiotherapy are advocated including: individual manipulative treatment, group exercises aiming to restore the protective function of supposedly dysfunctional deep trunk muscles or group exercises aiming to reduce psychological distress and fear of movement. All three treatments can reduce pain and disability but it is not known if one treatment is more effective or cost-effective. Nor is it known if treatment success is related to the proposed mechanism, such as change of muscle function. We will compare these three treatments whilst measuring some of the factors they propose to change.

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

Chronic low back pain

Interventions

1. Individual physiotherapy
2. Group functional restoration programme
3. Group spinal stabilisation training

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Roland Morris Disability Questionnaire

Secondary outcome measures

1. Pain (Numerical Analogue Scale)
2. Health-related quality of life (EQ-5D)
3. Work status and other economic effects of back-pain (Client Service Receipt Inventory [CSRI])
4. Patient satisfaction with outcome and satisfaction with treatment (7-point descriptive scale)
5. Emotional distress (28-item General Health Questionnaire [GHQ-28])
6. Fear-avoidance (Tampa scale of kinesiophobia)
7. Coping strategies (Coping Strategies Questionnaire [CSQ])
8. Transversus abdominis, obliquus internus, obliquus externus thickness (real-time ultrasound)

Overall study start date

01/01/2002

Completion date

01/02/2005

Eligibility**Key inclusion criteria**

Non-specific lower back pain of 3/12 duration

Participant type(s)

Patient

Age group

Not Specified

Sex

Not Specified

Target number of participants

212

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/01/2002

Date of final enrolment

01/02/2005

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Applied Biomedical Science Research Group

London

United Kingdom

SE1 1UL

Sponsor information

Organisation

Arthritis Research Campaign (ARC) (UK)

Sponsor details

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Sponsor type

Charity

Website

<http://www.arc.org.uk>

ROR

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

Funder(s)

Funder type

Charity

Funder Name

Arthritis Research Campaign (UK)

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	15/06/2007		Yes	No