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Supervised group exercises in a public pool as a method of chronic musculo-skeletal pain management

Submission date
30/09/2005

Recruitment status
No longer recruiting

Registration date
30/09/2005

Overall study status
Completed

Last Edited
08/04/2014

Condition category
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N0620129098

Study information

Scientific Title

Study objectives

The project aims to demonstrate that people with chronic musculo-skeletal pain benefit from group exercises in a social setting in terms of pain relief, reduced disability, improved general well being and ability to cope with symptoms.

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)
Not Specified

Health condition(s) or problem(s) studied
Musculoskeletal Diseases: Chronic musculo-skeletal pain

Interventions
The project intends to randomly allocate patients referred by their GP for physiotherapy to a treatment group and a control group.
The control group will wait three months before the water exercise sessions.
The treatment group will be invited to the exercise sessions with no delay.
As this is a pragmatic study, patients in both groups will be able to continue drug and other treatments as their GP/others suggest.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Measures will be taken at 3 months to compare control with treatment and again at 6 months to compare both treatment groups. Measures will be Oswestry Disability Index, SF 36, a visual analogue scale for pain, a pain self efficacy questionnaire and a patient satisfaction questionnaire. Questionnaires will be distributed by the physiotherapist at baseline and by post at 3 and 6 months.

Key secondary outcome(s))
Not provided at time of registration

Completion date
31/07/2005

Eligibility

Key inclusion criteria
150 subjects minimum age 18, no upper age limit

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Not Specified

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
07/07/2003

Date of final enrolment
31/07/2005

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Department of Physiotherapy
Exeter
United Kingdom
EX2 9HS

Sponsor information

Organisation
Department of Health

Funder(s)

Funder type
Government

Funder Name
Exeter Primary Care Trust (UK), NHS R&D Support Funding

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration