

Assessing the effectiveness of a lateral glide cervical spine mobilisation on cervicobrachial (neck and arm) pain

Submission date 16/06/2010	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 14/04/2011	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 04/10/2017	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Ms Emma Salt

Contact details

Physiotherapy Department
Queen's Hospital
Belvedere Road
Burton on Trent
United Kingdom
DE13 0RB

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EJS495@bham.ac.uk

Additional identifiers

Protocol serial number

09/H1203/45

Study information

Scientific Title

A randomised controlled trial to assess the effectiveness of a lateral glide cervical spine mobilisation on cervicobrachial (neck and arm) pain

Acronym

CBS Trial

Study objectives

The primary objective of this study is to investigate whether a self-management protocol with lateral glide mobilisation is more beneficial than a self-management protocol in isolation for participants with cervicobrachial syndrome (CBS).

Ethics approval required

Old ethics approval format

Ethics approval(s)

South Staffordshire Local Research Ethics Committee approval pending as of 17/06/2010

Study design

Randomised controlled trial

Primary study design

Intentional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Musculoskeletal pain

Interventions

Patients will be randomised to

1. Lateral glide with self-management
2. Self-management

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Pain, assessed by Visual Analogue Score (VAS)

Key secondary outcome(s)

1. Short Form 36-item Health Survey (SF36) (RAND)
2. Neck and Upper Limb Index (NULI)
3. Tampa scale of Kinesiophobia
4. Global Rating of Change (GROC)
5. Self-Administered Leeds Assessment of Neuropathic Symptoms and Signs (S-LANSS)
6. Upper limb nerve extensibility test
7. Cervical Active Range Of Motion (AROM)

Completion date

24/06/2012

Eligibility

Key inclusion criteria

1. Aged 18 - 65 years experiencing CBS (described as pain originating in the neck with associated pain radiating below the level of the shoulder joint into the arm) with or without parasthesia and or weakness in a dermatomal distribution
2. Had symptoms for greater than 6 weeks
3. Adequate knowledge of English to participate in a neuro-musculoskeletal examination and to answer the study questionnaire
4. Able to attend assessment and treatment appointments
5. Will have verbally agreed to attend the review appointment at 6, 26 and 52 weeks following initiation of the treatment

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Presenting with any red flags: severe unremitting night pain, unexplained weight loss, history of cancer, general malaise, and constant unvarying pain
2. Bilateral arm symptoms
3. Signs and symptoms strongly suggestive of thoracic outlet syndrome or a specific peripheral pathology e.g. adhesive capsulitis, sub acromial impingement etc.
4. Specific pathology affecting nerve function e.g. multiple sclerosis, known peripheral vascular disease, diabetes
5. Known specific pathology affecting systemic joint function e.g. rheumatoid arthritis, ankylosing spondylitis
6. Cervical spine surgery, botulinum toxin injections or epidural injections to cervical spine or planned imminent treatment
7. Having other forms of manual therapy for their CBS symptoms e.g. osteopathy or chiropractics
8. Involved in compensation and or litigation associated with neck and or upper limb pain
9. Already involved in a research trial

Date of first enrolment

24/06/2009

Date of final enrolment

24/06/2012

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Queen's Hospital

Burton on Trent

United Kingdom

DE13 0RB

Sponsor information

Organisation

University of Birmingham (UK)

ROR

<https://ror.org/03angcq70>

Funder(s)

Funder type

Other

Funder Name

Manipulation Association of Chartered Physiotherapists (UK)

Results and Publications

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes