

# Is aerobic exercise effective in the management of chronic low back pain?

<b>Submission date</b> 11/12/2002	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 11/12/2002	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 06/02/2014	<b>Condition category</b> Musculoskeletal Diseases	<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

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## Additional identifiers

**Protocol serial number**  
S0560

## Study information

**Scientific Title**

**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

**Study type(s)**

Not Specified

**Health condition(s) or problem(s) studied**

Chronic low back pain

**Interventions**

Supervised non-aerobic exercise programme versus one of six aerobic ergometers three times a week for six weeks.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Not provided at time of registration

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/01/2004

**Eligibility****Key inclusion criteria**

1. Non-resolving low back pain of at least 6 months duration
2. Age between 20 and 55 years
3. Subjects able to travel independently to the hospital
4. Subjects declared medically fit by their general practitioner
5. Plain X-ray examination of the lumbar spine within the past year

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/01/2003

**Date of final enrolment**

01/01/2004

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Physiotherapy Department**

Enfield

United Kingdom

EN2 8JL

## **Sponsor information**

**Organisation**

Arthritis Research Campaign (ARC) (UK)

**ROR**

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

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

Arthritis Research Campaign (ARC) (UK)

**Results and Publications**

Individual participant data (IPD) sharing plan

**IPD sharing plan summary**

Not provided at time of registration