

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

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

Contact details

Physiotherapy Department
Chase Farm Hospital
The Ridgeway
Enfield
United Kingdom
EN2 8JL

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