

# The effectiveness of a brief physiotherapy intervention in the community setting for patients with neck related pain compared with traditional physiotherapy management

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 25/07/2007	<b>Condition category</b> 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

### Contact name

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## Additional identifiers

### Protocol serial number

rctc119 Klaber Moffett

## Study information

## **Scientific Title**

### **Acronym**

SPRINTER

### **Study objectives**

1. Is a brief physiotherapy intervention (1-3 sessions) in patients with neck-related pain as effective as a traditional course of physiotherapy?
2. What are the relative costs of using the brief intervention approach compared with traditional physiotherapy?

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Added as of 25/07/2007:

1. Hull and East Riding Research Ethics Committee
2. Scarborough and North East Yorkshire Locally Organised Research Ethics Committee
3. South Humber Health Authority Local Research Ethics Committee

### **Study design**

Randomised controlled trial.

### **Primary study design**

Interventional

### **Study type(s)**

Not Specified

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

Musculoskeletal diseases: Spinal conditions

### **Interventions**

1. Brief intervention: problem solving approach encouraging self-help. It will consist of advice, including a home exercise programme, and incorporate cognitive behavioural principles.
2. Standard care

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

1. Neck Pain Questionnaire: a condition specific questionnaire measuring functional disability which has been developed from the Oswestry Disability Score for back pain patients
2. SF-36: This is a generic health-related quality of life questionnaire including both psychological and physical factors
3. EuroQol: This a generic quality of life measure required for the economic evaluation

**Key secondary outcome(s))**

No secondary outcome measures

**Completion date**

10/10/2002

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

Inclusion criteria updated as of 25/07/2007:

1. A minimum age of 18 years
2. Neck pain of musculoskeletal origin lasting at least two weeks
3. Referred to a participating physiotherapy department and having consented to participate in the study
4. Willingness to be randomized; that is, no overwhelming preference for either intervention

Inclusion criteria provided at time of registration:

Patients who are referred by their GPs to the participating community based physiotherapy departments for the management of neck related pain thought to be of musculoskeletal origin and corresponding to the diagnostic categories 1 and 2 (neck pain with or without referral to the proximal extremity) of the classification system proposed by the Quebec Task Force on Spinal Disorders.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Not Specified

**Key exclusion criteria**

Exclusion criteria added as of 25/07/2007:

1. Potentially serious pathology
2. Main pain below the elbow or in some other part of the body or coexisting serious other problem (such as capsulitis of the shoulder or tennis elbow) that would require additional treatment other than that required for the neck pain
3. Recent treatment for a neck problem (in the previous six weeks) or intention to pursue additional (private) treatment concurrent with that provided by the physiotherapy department
4. Surgery on the neck

**Date of first enrolment**

03/01/1999

**Date of final enrolment**

10/10/2002

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

University of Hull

Hull

United Kingdom

HU3 2PG

## Sponsor information

**Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

## Funder(s)

**Funder type**

Government

**Funder Name**

NHS Executive Trent (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?
	Results:				

<a href="#">Results article</a>		08/01/2005		Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes