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Neurogenic claudication physiotherapy trial

Submission date
01/04/2008

Recruitment status
No longer recruiting

Registration date
26/06/2008

Overall study status
Completed

Last Edited
08/10/2013

Condition category
Musculoskeletal Diseases

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

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
18183

Study information

Scientific Title
Physiotherapy for neurogenic claudication: a randomised trial of older adults in a primary care-based physiotherapy service

Study objectives

Condition-specific physiotherapy rehabilitation is more effective than advice and education alone in the treatment of neurogenic claudication.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the Leeds Central Ethics Committee on the 22nd February 2008 (ref: 08/H1313/1).

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Degenerative lumbar spinal stenosis

Interventions
Advice/education-only arm:
Receive a one-off treatment session consisting of advice and education about lumbar spinal stenosis (pathology, diagnosis, prognosis, management) based on patient information provided by the American Rheumatology Society. Telephone access to a physiotherapist for advice will be available if needed over subsequent 6 weeks.

Advice/education plus physiotherapy rehabilitation:
As above plus between 4 and 6 sessions with a physiotherapist over subsequent 6 week period. Treatment consisting of exercise programme (lumbar flexion, core stability, fitness exercises) to be carried out daily, monitored and adjusted by treating physiotherapist.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Swiss Spinal Stenosis Score (Zurich Claudication Score) symptom severity scale at eight weeks.

Key secondary outcome(s))
At twelve months follow-up:
1. Oswestry Disability Index
2. Visual Analogue Pain Scale (VAS)
3. General Well-Being Index

Completion date
31/03/2011

Eligibility

Key inclusion criteria
1. Patients aged 50 or over, either sex
2. Symptoms of neurogenic claudication (walking-induced lower limb symptoms which are relieved in sitting/flexion)
3. Limitation of normal walking tolerance due to symptoms of neurogenic claudication

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Clearly defined radicular symptoms (sciatica)
2. Cognitive impairment or medical conditions preventing understanding or participation in trial
3. Symptoms requiring urgent surgical or other intervention (red flags, such as acute equina syndrome)

Date of first enrolment
02/04/2008

Date of final enrolment
31/03/2011

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Academic Unit of Musculoskeletal Disease
Leeds
United Kingdom
LS7 4SA

Sponsor information

Organisation
University of Leeds (UK)

ROR
https://ror.org/024mrxd33

Funder(s)

Funder type
Charity

Funder Name
Arthritis Reseach Campaign (ARC) (UK) (grant ref: 18183)

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 article	results	30/09/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes