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Functional evaluation of surgery and exercise in the treatment of prolapsed intervertebral disc

Submission date	Recruitment status	[ ] Prospectively registered
19/07/2002	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
19/07/2002	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
04/10/2007	Musculoskeletal Diseases	

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
D0571

Study information

Scientific Title

Acronym
Not Applicable

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)
Treatment

Health condition(s) or problem(s) studied
Prolapsed intervertebral disc

Interventions
Patients randomised to the Exercise Group receive a 4 week postoperative exercise programme that begins 4 weeks after surgery. They attend the Physiotherapy Department at a local hospital for two 1-hour exercise classes per week over a period of 4 weeks. The classes involve some aerobic exercise but concentrate on exercises for strengthening and mobilising the trunk muscles such as back extension and flexion exercises. Classes are led by a physiotherapist but patients progress at their own pace. Attendance is recorded by the physiotherapist, and compliance with the exercise programme is monitored by means of weekly diary sheets kept by the patient and handed in at the end of the programme.

Control group received care as usual.

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
01/01/1999

Eligibility

Key inclusion criteria
1. Age between 18 and 65 years
2. Radiological evidence of disc protrusion in a position that correlates with the patient's signs and symptoms
3. Selection for decompression surgery

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
01/01/1997

Date of final enrolment
01/01/1999

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Anatomy Department
Bristol
United Kingdom
BS2 8EJ

Sponsor information

Organisation
Arthritis Research Campaign (ARC) (UK)

ROR
https://ror.org/02jkpm469

Funder(s)

Funder type
Charity

Funder Name
Arthritis Research Campaign (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 article	Results	15/06/2000		Yes	No