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

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

## Plain English summary of protocol

Not provided at time of registration

## **Contact information**

## Type(s)

Scientific

#### Contact name

Dr Trish Dolan

#### Contact details

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## Additional identifiers

**EudraCT/CTIS** number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

#### Secondary study design

Randomised controlled trial

#### Study setting(s)

Hospital

#### Study type(s)

Treatment

#### Participant information sheet

#### 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 measure

Not provided at time of registration

#### Secondary outcome measures

Not provided at time of registration

#### Overall study start date

01/01/1997

#### 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** 

#### Age group

Adult

#### Lower age limit

18 Years

#### Sex

Both

#### Target number of participants

Not provided at time of registration

#### 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

England

**United Kingdom** 

Study participating centre Anatomy Department Bristol United Kingdom BS2 8EJ

# Sponsor information

#### Organisation

Arthritis Research Campaign (ARC) (UK)

#### Sponsor details

Copeman House St Mary's Court St Mary's Gate Chesterfield Derbyshire United Kingdom S41 7TD

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info@arc.org.uk

## Sponsor type

Charity

#### Website

http://www.arc.org.uk

#### **ROR**

https://ror.org/02jkpm469

# Funder(s)

## Funder type

Charity

#### Funder Name

Arthritis Research Campaign (UK)

# **Results and Publications**

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

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