

An investigation of the effectiveness of a Mobilisation with Movement (MWM) technique for lateral epicondylagia on pain and function in clinical practice

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Registration date 28/09/2007	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 18/05/2017	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0046187175

Study information

Scientific Title

An investigation of the effectiveness of a Mobilisation with Movement (MWM) technique for lateral epicondylagia on pain and function in clinical practice

Study objectives

Does the use of a Mobilisation with Movement technique improve pain and function in patients with chronic lateral epicondylagia (tennis elbow) when used in a clinical setting?

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

Musculoskeletal diseases: tennis elbow

Interventions

Participants will be selected from a population of all patients referred to the Physiotherapy Department at Solihull Hospital with a diagnosis of lateral epicondylagia, lateral epicondylitis, tennis elbow or lateral elbow pain.

In order to assess the effectiveness of the technique, a randomised controlled trial is proposed. This will involve randomly putting patients into two groups, i.e. a treatment group and a control group.

All patients will receive a thorough assessment of their elbow problem and asked to answer questions which will both evaluate their suitability for inclusion or need for exclusion from the

trial and provide descriptive information allowing for comparison of the characteristics of the two groups. Baseline values for pain-free grip strength and the Patient-Rated Forearm Evaluation Questionnaire (PRFEQ) will be collected. Both pain-free grip strength and the PRFEQ are assessment tools which have been shown to be valid and reliable in assessing pain and function in patients with lateral epicondylagia (tennis elbow). Pain-free grip strength will be measured using a hand grip dynamometer with a digital display. The value on the display will be read by a physiotherapy assistant in order to prevent bias by the researcher. Patients will be asked to fill out the questionnaire (PRFEQ) themselves. This is a 15-item questionnaire which takes about 5 minutes to complete. In order to prevent bias by the researcher, the randomisation process will be carried out by reception staff at Solihull Hospital, who will select a sealed envelope from a box. In the envelopes there will be equal numbers of cards stating 'group 1' and 'group 2'. The randomisation process should maximise the likelihood of the two groups being equal, e.g. age, gender, hand dominance, duration of symptoms.

Group 1 will be the treatment group. They will be asked to attend the physiotherapy department twice a week for three weeks.

Group 2 will be the control group. They will simply be given an appointment to attend for reassessment 3 weeks later.

At the final attendance within the study, both groups will have pain-free strength re-measured and be asked to repeat the questionnaire (PRFEQ).

Following their involvement in the trial, regardless of the group they are assigned to, all patients for whom further treatment is necessary will be offered further appointments.

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Outcome measures for the study are pain-free grip strength and the Patient-Related Forearm Evaluation Questionnaire (PRFEQ). Each of these outcome measures has been shown to be a valid and reliable method of both pain and function.

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/03/2006

Completion date

01/05/2007

Eligibility

Key inclusion criteria

1. Patients diagnosed with chronic lateral epicondylagia (this is a clinical diagnosis based on previously established criteria, i.e. pain over the lateral side of the elbow provoked by palpitation of the lateral epicondyle region and gripping tasks, pain over the lateral epicondyle

during either resisted static contraction or stretching of the forearm extensor muscles, and symptoms of greater than 6 weeks duration)

2. Both male and female patients

3. Adults, i.e. patients over 18 years old

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

01/03/2006

Date of final enrolment

01/05/2007

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Physiotherapy Department

Solihull

United Kingdom

B91 2JL

Sponsor information

Organisation

Sponsor details

The Department of Health
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Sponsor type

Government

Website

<http://www.dh.gov.uk/Home/fs/en>

Funder(s)**Funder type**

Government

Funder Name

Heart of England NHS Foundation Trust (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