

# The non-operative treatment of anterior knee pain: a prospective randomised trial to assess the McConnell regime

**Submission date**

23/01/2004

**Recruitment status**

No longer recruiting

**Registration date**

23/01/2004

**Overall study status**

Completed

**Last Edited**

09/12/2008

**Condition category**

Musculoskeletal Diseases

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ 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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**Contact details**

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## Additional identifiers

**Protocol serial number**

950141

## Study information

**Scientific Title**

**Study objectives**

The purpose of this study is to demonstrate how physiotherapy designed on the McConnell regime (McConnell J. The management of chondromalacia patellae: a long term solution. The Australian J of Physiotherapy, vol 32 no 4, 1986, pp215-223) can treat anterior knee pain and give lasting benefit.

**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)**

Not Specified

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

Musculoskeletal diseases: Arthritis (rheumatoid)

**Interventions**

1. Advice
2. Advice and taping
3. Advice and muscle strengthening
4. Advice, taping and muscle strengthening

**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**

31/03/1998

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

1. The study population will come from two sources: the orthopaedic and rheumatology waiting list initiative combined fast track physiotherapy clinic; and the orthopaedic and rheumatology

outpatient clinics.

2. Patients aged 16-40 years with anterior knee pain

3. Patients with anterior knee pain for longer than three months on most days

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Not Specified

### **Sex**

Not Specified

### **Key exclusion criteria**

1. A history of knee locking: previous major trauma or dislocation

2. Osteoarthritis or inflammatory arthropathy

3. Ligamentous instability of the knee

4. Malignancy or infection

5. Previous physiotherapy in the last three months

### **Date of first enrolment**

01/04/1996

### **Date of final enrolment**

31/03/1998

## **Locations**

### **Countries of recruitment**

United Kingdom

England

### **Study participating centre**

Department of Orthopaedics

Nottingham

United Kingdom

NG7 2UH

## **Sponsor information**

### **Organisation**

## 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?
<a href="#">Results article</a>	results	01/09/2000		Yes	No