

Reducing pain and disability in patients with chronic musculoskeletal pain with a stretch class - A randomised controlled trial

Submission date 30/09/2004	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 30/09/2004	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 24/08/2015	Condition category Signs and Symptoms	☐ Individual participant data ☐ Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Miss K Wynne

Contact details
Pain Management Centre
National Hospital for Neurology and Neurosurgery
Queen Square
London
United Kingdom
WC1N 3BG

Additional identifiers

Protocol serial number
N0263117670

Study information

Scientific Title
Reducing pain and disability in patients with chronic musculoskeletal pain with a stretch class - A randomised controlled trial

Study objectives

Do patients who attend a stretch exercise class have a greater reduction in pain and disability than those who receive a stretch booklet or no exercise advice at all?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Signs and Symptoms: Pain

Interventions

1. Stretch exercise classes
2. Stretch booklets
3. No exercise

Intervention Type

Behavioural

Primary outcome(s)

1. Pain numerical eating scales (distress and intensity)
2. Pain disability index
3. Tampa scale for kinesiophobia

Key secondary outcome(s)

Not provided at time of registration

Completion date

01/12/2006

Eligibility**Key inclusion criteria**

171 patients from Pain Management

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

20/11/2002

Date of final enrolment

01/12/2006

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

National Hospital for Neurology and Neurosurgery

London

United Kingdom

WC1N 3BG

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type

Government

Funder Name

University College London Hospitals NHS Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration