

The long term effectiveness of steroid injection for shoulder pain; a pragmatic randomised comparison with physiotherapy in primary care

Submission date 03/01/2003	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 03/01/2003	Overall study status Completed	☐ Protocol
Last Edited 11/07/2007	Condition category Musculoskeletal Diseases	☐ 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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Additional identifiers

Protocol serial number

H0563

Study information

Scientific Title

Study objectives

To compare the long term effectiveness of local steroid injections administered by general practitioners with practice based physiotherapy for treating patients presenting in primary care with new episodes of unilateral shoulder pain.

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

Shoulder pain

Interventions

1. Methyl prednisolone (40 mg) and lignocaine by local injection
2. Physiotherapy

Intervention Type

Drug

Phase

Not Specified

Drug/device/biological/vaccine name(s)

Methyl prednisolone

Primary outcome(s)

The primary outcome was disability at 6 months measured using a shoulder disability Questionnaire.

Key secondary outcome(s)

Secondary outcomes included: participants global assessment of change compared with baseline; rating of pain severity; impairment of function; severity of main complaint; ranges of movement; co-interventions.

Completion date

30/09/2000

Eligibility

Key inclusion criteria

1. Males and females over 18 years with a clinical diagnosis of unilateral shoulder pain
2. First consultation with GP for this episode
3. Ability to understand and give informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

A history of inflammatory arthritis, polymyalgia rheumatica, or gross structural or neurological abnormality of the shoulder; contraindications to local steroid injection; history or examination leading to a suspicion of potentially serious disease; referred pain from neck or internal organs; clinical findings of ruptured rotator cuff; previous fracture or surgery to shoulder, upper limb, neck, or thorax; previous physical therapy for shoulder pain within the past 12 months; pregnancy or breast feeding.

Date of first enrolment

01/06/1998

Date of final enrolment

30/09/2000

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Department of Rheumatology

Stoke-on-Trent

United Kingdom

ST6 7AG

Sponsor information

Organisation

Arthritis Research Campaign (ARC) (UK)

ROR

<https://ror.org/02jkpm469>

Funder(s)

Funder type

Charity

Funder Name

Arthritis Research Campaign

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	01/05/2003		Yes	No
Results article	Results	01/02/2004		Yes	No