

Primary care management of back pain: a randomised controlled trial of an exercise programme

Submission date 12/07/2002	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 12/07/2002	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 04/04/2013	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

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Additional identifiers

Protocol serial number

K0045

Study information

Scientific Title

Study objectives

Not provided at time of registration

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

Primary care low back pain

Interventions

Active intervention: A programme of eight group exercise classes of 1 h each, spread over 4 weeks with up to 10 participants in each class. The programme was led by a physiotherapist and incorporated cognitive behavioural principles and was conducted in a community setting. It included stretching, low impact aerobic and strengthening exercises and simple education messages.

Control group: Patients continued under the care of their doctor.

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

31/12/2002

Eligibility**Key inclusion criteria**

Patients with mechanical low back pain of at least 4 weeks duration but less than 6 months, aged between 18 and 60, declared medically fit by their GP to undertake the exercise and who had consulted one of the GPs taking part in the study.

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

01/01/2002

Date of final enrolment

31/12/2002

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Institute of Rehabilitation

Hull

United Kingdom

HU3 2PG

Sponsor information**Organisation**

Arthritis Research Campaign (ARC) (UK)

ROR

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

Funder(s)

Funder type

Charity

Funder Name

Arthritis Research Campaign (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration