

# Naturopathic Care for Low Back Pain: a randomised controlled trial

|                                        |                                                       |                                                      |
|----------------------------------------|-------------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>19/12/2006   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered    |
|                                        |                                                       | <input type="checkbox"/> Protocol                    |
| <b>Registration date</b><br>16/01/2007 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Statistical analysis plan   |
|                                        |                                                       | <input checked="" type="checkbox"/> Results          |
| <b>Last Edited</b><br>19/09/2007       | <b>Condition category</b><br>Musculoskeletal Diseases | <input type="checkbox"/> Individual participant data |

**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**  
LBPT01

## Study information

**Scientific Title**

**Acronym**  
NCLBP

**Study objectives**

Will naturopathic care including acupuncture, diet counselling, and deep breathing be equally or more effective than a physiotherapy equivalent?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Internal Review Board of The Canadian College of Naturopathic Medicine. Obtained in January 2005.

**Primary study design**

Interventional

**Study design**

Randomised controlled trial

**Study type(s)**

Treatment

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

Chronic low back pain

**Interventions**

Active: acupuncture, dietary counseling, relaxation exercises

Control: education on physiotherapy exercises

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Oswestry, Roland and Morris Disability Questionnaire

**Key secondary outcome(s)**

1. Short Form health survey (SF-36)
2. Spinal Forward Flexion
3. Medication and adjunctive treatment usage

**Completion date**

01/09/2005

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

1. Mentally competent volunteers 18 to 65, male or female
2. Low back pain of more than six weeks duration
3. Normal on physical examination at the pre-study physical

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

All

**Key exclusion criteria**

1. History of spinal operations
2. Current history of herniated disk
3. Current history of systemic rheumatological disease, ankylosing spondylitis, tumors, infection
4. Pregnancy

**Date of first enrolment**

01/01/2005

**Date of final enrolment**

01/09/2005

**Locations****Countries of recruitment**

Canada

**Study participating centre**

Department of Clinical Epidemiology

Toronto

Canada

M2K 1E2

**Sponsor information****Organisation**

The Canadian College of Naturopathic Medicine (Canada)

ROR

https://ror.org/03pjwtr87

## Funder(s)

### Funder type

Research organisation

### Funder Name

Canada Post Corporation

### Funder Name

Canadian Union of Postal Workers

### Funder Name

The Canadian College of Naturopathic Medicine

## 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 | 19/09/2007   |            | Yes            | No              |