

Effective physiotherapy management of hip osteoarthritis: a preliminary trial

Submission date 25/02/2005	Recruitment status No longer recruiting	☒ Prospectively registered ☐ Protocol
Registration date 14/04/2005	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 02/10/2017	Condition category Musculoskeletal Diseases	☐ 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
PRF/04/2

Study information

Scientific Title
Effective physiotherapy management of hip osteoarthritis: a preliminary trial

Acronym

ESCAPE hip pain

Study objectives

Patients who undergo a combined exercise and self-management regimen will have improved function and pain than those continuing with standard GP management.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Added as of 16/06/2008:

This study received approval from the following:

1. West Kent Ethics Committee (ref: 05/Q1801/57)
2. Local Research and Development approval from the Kent Primary Care Trust (ref: SWK20)

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Hip osteoarthritis

Interventions

Intervention: A 10 session exercise and self-management regimen

Control group: Standard care of GP, which includes on-going drug management (primarily analgesics with non-steroidal anti-inflammatory drugs [NSAIDs] as necessary)

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Western Ontario and McMaster Universities (WOMAC) function sub-scale.

Key secondary outcome(s)

1. WOMAC pain
2. Self-efficacy for exercise
3. Hospital Anxiety and Depression (HAD) scale
4. EuroQol
5. Aggregate Functional Performance Time (AFPT)

Completion date

31/12/2007

Eligibility

Key inclusion criteria

1. Over-50
2. Hip osteoarthritis

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

1. Previous hip replacement
2. Physiotherapy or steroid injections within the previous year

Date of first enrolment

01/06/2005

Date of final enrolment

31/12/2007

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Faculty of Health and Social Care

Bristol

United Kingdom

BS16 1DD

Sponsor information

Organisation

Physiotherapy Research Foundation (UK)

ROR

<https://ror.org/04sn78z72>

Funder(s)**Funder type**

Research organisation

Funder Name

Physiotherapy Research Foundation (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?
Abstract results		01/04/2008		No	No