

Is the McKenzie system in physiotherapy more effective than a Brief Intervention in helping patients cope with their back or neck pain?

Submission date 18/07/2002	Recruitment status No longer recruiting	☒ Prospectively registered
Registration date 18/07/2002	Overall study status Completed	☐ Protocol
Last Edited 07/06/2011	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

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Additional identifiers

Protocol serial number
K0572

Study information

Scientific Title

Acronym

McKABI

Study objectives

Not provided at time of registration

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

Back pain and neck pain

Interventions

Patients randomised to the McKenzie group will be allocated to a McKenzie trained physiotherapist.

Patients randomised to the Brief Intervention group based on cognitive-behavioural principles. It will consist of a brief assessment and physical examination to exclude any serious pathology, helping the patient to identify specific problems and work out solutions using a patient education booklet, and encouraging movement and appropriate paced exercises.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Tampa Scale of Kinesiophobia

Key secondary outcome(s)

Not provided at time of registration

Completion date

30/08/2006

Eligibility

Key inclusion criteria

1. Sub-acute or chronic neck and back pain of mechanical origin (lasting at least 3 weeks)
2. Able to travel independently to the physiotherapy department
3. Age range at least 18 years (no upper limit).

The aim is to be as inclusive as possible in order to improve generalisability and clinical relevance of the findings.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Lower age limit

18 years

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

31/08/2002

Date of final enrolment

30/08/2006

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

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/12/2006		Yes	No