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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

Registration date
18/07/2002

Overall study status
Completed

Last Edited
07/06/2011

Condition category
Musculoskeletal Diseases

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] 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

Primary study design
Interventional

Study design
Randomised controlled trial

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
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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