

A comparison of the effectiveness of three physiotherapy regimes commonly used to reduce disability in patients with chronic low back pain

Submission date 10/07/2002	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 10/07/2002	Overall study status Completed	☐ Protocol
Last Edited 06/01/2011	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

C0647

Study information

Scientific Title

Study objectives

Chronic low-back pain has enormous personal and socio-economic costs locally, nationally and internationally. However, diagnosis is difficult and treatment controversial. Many forms of Physiotherapy are advocated including: individual manipulative treatment, group exercises aiming to restore the protective function of supposedly dysfunctional deep trunk muscles or group exercises aiming to reduce psychological distress and fear of movement. All three treatments can reduce pain and disability but it is not known if one treatment is more effective or cost-effective. Nor is it known if treatment success is related to the proposed mechanism, such as change of muscle function. We will compare these three treatments whilst measuring some of the factors they propose to change.

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

Chronic low back pain

Interventions

1. Individual physiotherapy
2. Group functional restoration programme
3. Group spinal stabilisation training

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Roland Morris Disability Questionnaire

Key secondary outcome(s)

1. Pain (Numerical Analogue Scale)
2. Health-related quality of life (EQ-5D)
3. Work status and other economic effects of back-pain (Client Service Receipt Inventory [CSRI])

4. Patient satisfaction with outcome and satisfaction with treatment (7-point descriptive scale)
5. Emotional distress (28-item General Health Questionnaire [GHQ-28])
6. Fear-avoidance (Tampa scale of kinesiophobia)
7. Coping strategies (Coping Strategies Questionnaire [CSQ])
8. Transversus abdominis, obliquus internus, obliquus externus thickness (real-time ultrasound)

Completion date

01/02/2005

Eligibility

Key inclusion criteria

Non-specific lower back pain of 3/12 duration

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

01/02/2005

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Applied Biomedical Science Research Group

London

United Kingdom

SE1 1UL

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	15/06/2007		Yes	No