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# Integration of the traditional Chinese medicine into the orthopedic rehabilitation - effects on pain and employment prognosis for patients with chronic back pain

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| **Submission date**<br>05/07/2006 | **Recruitment status**<br>No longer recruiting | [ ] Prospectively registered<br>[ ] Protocol<br>[ ] Statistical analysis plan<br>[ ] Results<br>[ ] Individual participant data<br>[ ] Record updated in last year |
| **Registration date**<br>28/07/2006 | **Overall study status**<br>Completed | |
| **Last Edited**<br>28/07/2006 | **Condition category**<br>Musculoskeletal Diseases | |

**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**
04003

## Study information

## Scientific Title

## Study objectives
By additional therapy elements of Traditional Chinese Medicine (TCM) within an orthopedic rehabilitation procedure over four weeks with chronic back pain inpatients, a higher reduction of pain and analgesic consumption can be achieved, as well as a decrease in the amount of times there is an inability to work and improvement of the subjective employment prognosis.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Ethics Committee of the Physicians Chamber, Rheinland-Pfalz, Mainz on 17/11/2005 (reference number 837.258.05).

## Primary study design
Interventional

## Study design
Prospective, randomized controlled trial

## Study type(s)
Treatment

## Health condition(s) or problem(s) studied
Chronic back pain

## Interventions
The patients of group A are treated exclusively according to schooled medical therapy concept for four weeks. The patients of group B are treated with elements of the TCM additionally. These contain acupuncture and tuina- massage twice in each case per week

## Intervention Type
Drug

## Phase
Not Specified

## Drug/device/biological/vaccine name(s)
Traditional Chinese medicine

## Primary outcome(s)
1. Reduction of the pain
2. Reduction of the analgesic consumption

## Key secondary outcome(s)
1. Decrease in the amount of times there is an inability to work
2. Improvement of the subjective employment prognosis

### Completion date
30/06/2008

## Eligibility

### Key inclusion criteria
1. Aged 30 to 55 years
2. Able to gain employment
3. Chronic back pain
4. Medication: not opioid analgesics (World Health Organisation stage I)

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
All

### Key exclusion criteria
1. Acute slipped disk in the last three months
2. Pension required
3. Spinal column operation in the past

### Date of first enrolment
01/01/2006

### Date of final enrolment
30/06/2008

## Locations

### Countries of recruitment
Germany

### Study participating centre
**Orthopedic Rehabilitation Center**
Bad Ems
Germany
D-56130

## Sponsor information

**Organisation**
Refonet (Germany)

**ROR**
https://ror.org/04yeh2x21

# Funder(s)

**Funder type**
Research organisation

**Funder Name**
Refonet, project no. 04003

# 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? |
|---|---|---|---|---|---|
| Study website | Study website | 11/11/2025 | 11/11/2025 | No | Yes |