

# A Single Blind Randomised Trial to Evaluate Physiotherapy for Back Pain Patients

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 02/12/2013	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Lorraine DeSouza

**Contact details**  
Department of Health Studies  
Brunel University  
Osterley Campus  
Borough Road  
Middlesex  
United Kingdom  
TW7 5DU  
+44 (0)20 8891 0121 x2527  
lorraine.desouza@brunel.ac.uk

## Additional identifiers

## Study information

**Scientific Title**

**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)**

Not Specified

**Health condition(s) or problem(s) studied**

Musculoskeletal diseases: Spinal conditions

**Interventions**

- i. Prompt intervention programme -given advice on staying active, advice on graded return to activity, an information booklet and immediately entered into an active physiotherapy programme.
- ii. Control - the group was given advice on staying active, advice on graded return to activity, an information booklet and an appointment to commence active physiotherapy 6 weeks later.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Not provided at time of registration

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

31/01/2003

**Eligibility****Key inclusion criteria**

Patients aged between 20 and 55 years, referred directly for physiotherapy by either General Practitioners (GP) or the hospital Accident and Emergency (A&E) department, were given a physical examination to identify those with simple acute low back pain (ALBP).

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Not Specified

**Key exclusion criteria**

Pregnancy, or 3 months post partum.  
Involved in litigation  
Already undergoing a physical therapy  
Pyschiatric problem  
Other physically disabling condition

**Date of first enrolment**

10/01/2000

**Date of final enrolment**

31/01/2003

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Department of Health Studies**

Middlesex

United Kingdom

TW7 5DU

**Sponsor information****Organisation**

Record Provided by the NHS R&D 'Time-Limited' National Programme Register - Department of Health (UK)

**Funder(s)**

**Funder type**  
Government

**Funder Name**  
NHS Physical and Complex Disabilities National Research and Development Programme

## 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?
<a href="#">Results article</a>	results	01/11/2004		Yes	No