

Supervised group exercises in a public pool as a method of chronic musculo-skeletal pain management

Submission date 30/09/2005	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 30/09/2005	Overall study status Completed	☐ Protocol
Last Edited 08/04/2014	Condition category Musculoskeletal Diseases	☐ Statistical analysis plan
		☐ Results
		☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

N0620129098

Study information

Scientific Title

Study objectives

The project aims to demonstrate that people with chronic musculo-skeletal pain benefit from group exercises in a social setting in terms of pain relief, reduced disability, improved general well being and ability to cope with symptoms.

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)

Not Specified

Health condition(s) or problem(s) studied

Musculoskeletal Diseases: Chronic musculo-skeletal pain

Interventions

The project intends to randomly allocate patients referred by their GP for physiotherapy to a treatment group and a control group.

The control group will wait three months before the water exercise sessions.

The treatment group will be invited to the exercise sessions with no delay.

As this is a pragmatic study, patients in both groups will be able to continue drug and other treatments as their GP/others suggest.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Measures will be taken at 3 months to compare control with treatment and again at 6 months to compare both treatment groups. Measures will be Oswestry Disability Index, SF 36, a visual analogue scale for pain, a pain self efficacy questionnaire and a patient satisfaction questionnaire. Questionnaires will be distributed by the physiotherapist at baseline and by post at 3 and 6 months.

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/07/2005

Eligibility

Key inclusion criteria

150 subjects minimum age 18, no upper age limit

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

07/07/2003

Date of final enrolment

31/07/2005

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Department of Physiotherapy

Exeter

United Kingdom

EX2 9HS

Sponsor information**Organisation**

Department of Health

Funder(s)

Funder type

Government

Funder Name

Exeter Primary Care Trust (UK), NHS R&D Support Funding

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration