

Is aerobic exercise effective in the management of chronic low back pain?

Submission date 11/12/2002	Recruitment status No longer recruiting	☒ Prospectively registered
		☐ Protocol
Registration date 11/12/2002	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 06/02/2014	Condition category Musculoskeletal Diseases	☐ Individual participant data
		☐ Record updated in last year

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
S0560

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

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Chronic low back pain

Interventions

Supervised non-aerobic exercise programme versus one of six aerobic ergometers three times a week for six weeks.

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

01/01/2004

Eligibility**Key inclusion criteria**

1. Non-resolving low back pain of at least 6 months duration
2. Age between 20 and 55 years
3. Subjects able to travel independently to the hospital
4. Subjects declared medically fit by their general practitioner
5. Plain X-ray examination of the lumbar spine within the past year

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

01/01/2003

Date of final enrolment

01/01/2004

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Physiotherapy Department

Enfield

United Kingdom

EN2 8JL

Sponsor information

Organisation

Arthritis Research Campaign (ARC) (UK)

ROR

<https://ror.org/02jkpm469>

Funder(s)

Funder type

Charity

Funder Name

Arthritis Research Campaign (ARC) (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration