

The effectiveness of a brief physiotherapy intervention in the community setting for patients with neck related pain compared with traditional physiotherapy management

Submission date 23/01/2004	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 23/01/2004	Overall study status Completed	☐ Protocol
Last Edited 25/07/2007	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

Contact name

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Additional identifiers

Protocol serial number

rctc119 Klaber Moffett

Study information

Scientific Title

Acronym

SPRINTER

Study objectives

1. Is a brief physiotherapy intervention (1-3 sessions) in patients with neck-related pain as effective as a traditional course of physiotherapy?
2. What are the relative costs of using the brief intervention approach compared with traditional physiotherapy?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Added as of 25/07/2007:

1. Hull and East Riding Research Ethics Committee
2. Scarborough and North East Yorkshire Locally Organised Research Ethics Committee
3. South Humber Health Authority Local Research Ethics Committee

Primary study design

Interventional

Study design

Randomised controlled trial.

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Musculoskeletal diseases: Spinal conditions

Interventions

1. Brief intervention: problem solving approach encouraging self-help. It will consist of advice, including a home exercise programme, and incorporate cognitive behavioural principles.
2. Standard care

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Neck Pain Questionnaire: a condition specific questionnaire measuring functional disability which has been developed from the Oswestry Disability Score for back pain patients
2. SF-36: This is a generic health-related quality of life questionnaire including both psychological and physical factors
3. EuroQol: This a generic quality of life measure required for the economic evaluation

Key secondary outcome(s)

No secondary outcome measures

Completion date

10/10/2002

Eligibility**Key inclusion criteria**

Inclusion criteria updated as of 25/07/2007:

1. A minimum age of 18 years
2. Neck pain of musculoskeletal origin lasting at least two weeks
3. Referred to a participating physiotherapy department and having consented to participate in the study
4. Willingness to be randomized; that is, no overwhelming preference for either intervention

Inclusion criteria provided at time of registration:

Patients who are referred by their GPs to the participating community based physiotherapy departments for the management of neck related pain thought to be of musculoskeletal origin and corresponding to the diagnostic categories 1 and 2 (neck pain with or without referral to the proximal extremity) of the classification system proposed by the Quebec Task Force on Spinal Disorders.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

Not Specified

Key exclusion criteria

Exclusion criteria added as of 25/07/2007:

1. Potentially serious pathology
2. Main pain below the elbow or in some other part of the body or coexisting serious other problem (such as capsulitis of the shoulder or tennis elbow) that would require additional treatment other than that required for the neck pain
3. Recent treatment for a neck problem (in the previous six weeks) or intention to pursue additional (private) treatment concurrent with that provided by the physiotherapy department
4. Surgery on the neck

Date of first enrolment

03/01/1999

Date of final enrolment

10/10/2002

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

University of Hull

Hull

United Kingdom

HU3 2PG

Sponsor information

Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

NHS Executive Trent (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:				

Results article		08/01/2005		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes