

Functional evaluation of surgery and exercise in the treatment of prolapsed intervertebral disc

Submission date 19/07/2002	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 19/07/2002	Overall study status Completed	☐ Protocol
Last Edited 04/10/2007	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

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Additional identifiers

Protocol serial number
D0571

Study information

Scientific Title

Acronym

Not Applicable

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)

Treatment

Health condition(s) or problem(s) studied

Prolapsed intervertebral disc

Interventions

Patients randomised to the Exercise Group receive a 4 week postoperative exercise programme that begins 4 weeks after surgery. They attend the Physiotherapy Department at a local hospital for two 1-hour exercise classes per week over a period of 4 weeks. The classes involve some aerobic exercise but concentrate on exercises for strengthening and mobilising the trunk muscles such as back extension and flexion exercises. Classes are led by a physiotherapist but patients progress at their own pace. Attendance is recorded by the physiotherapist, and compliance with the exercise programme is monitored by means of weekly diary sheets kept by the patient and handed in at the end of the programme.

Control group received care as usual.

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

01/01/1999

Eligibility

Key inclusion criteria

1. Age between 18 and 65 years
2. Radiological evidence of disc protrusion in a position that correlates with the patient's signs and symptoms
3. Selection for decompression surgery

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/01/1997

Date of final enrolment

01/01/1999

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Anatomy Department

Bristol

United Kingdom

BS2 8EJ

Sponsor information

Organisation

Arthritis Research Campaign (ARC) (UK)

ROR

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

Funder(s)**Funder type**

Charity

Funder Name

Arthritis Research Campaign (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 article	Results	15/06/2000		Yes	No