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An investigation of the effectiveness of a Mobilisation with Movement (MWM) technique for lateral epicondylagia on pain and function in clinical practice

Submission date
28/09/2007

Recruitment status
No longer recruiting

Registration date
28/09/2007

Overall study status
Completed

Last Edited
18/05/2017

Condition category
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] 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

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Additional identifiers

Protocol serial number
N0046187175

Study information

Scientific Title
An investigation of the effectiveness of a Mobilisation with Movement (MWM) technique for lateral epicondylagia on pain and function in clinical practice

Study objectives
Does the use of a Mobilisation with Movement technique improve pain and function in patients with chronic lateral epicondylagia (tennis elbow) when used in a clinical setting?

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)
Treatment

Health condition(s) or problem(s) studied
Musculoskeletal diseases: tennis elbow

Interventions
Participants will be selected from a population of all patients referred to the Physiotherapy Department at Solihull Hospital with a diagnosis of lateral epicondylagia, lateral epincondylitis, tennis elbow or lateral elbow pain.

In order to assess the effectiveness of the technique, a randomised controlled trial is proposed. This will involve randomly putting patients into two groups, i.e. a treatment group and a control group.

All patients will receive a thorough assessment of their elbow problem and asked to answer questions which will both evaluate their suitability for inclusion or need for exclusion from the trial and provide descriptive information allowing for comparison of the characteristics of the two groups. Baseline values for pain-free grip strength and the Patient-Rated Forearm Evaluation Questionnaire (PRFEQ) will be collected. Both pain-free grip strength and the PRFEQ are assessment tools which have been shown to be valid and reliable in assessing pain and function in patients with lateral epicondylagia (tennis elbow). Pain-free grip strength will be measured using a hand grip dynamometer with a digital display. The value on the display will be read by a physiotherapy assistant in order to prevent bias by the researcher. Patients will be asked to fill out the questionnaire (PRFEQ) themselves. This is a 15-item questionnaire which takes about 5 minutes to complete. In order to prevent bias by the researcher, the randomisation process will be carried out by reception staff at Solihull Hospital, who will select a sealed envelope from a box. In the envelopes there will be equal numbers of cards stating 'group 1' and 'group 2'. The randomisation process should maximise the likelihood of the two groups being equal, e.g. age, gender, hand dominance, duration of symptoms.

Group 1 will be the treatment group. They will asked to attend the physiotherapy department twice a week for three weeks.
Group 2 will be the control group. They will simply be given an appointment to attend for reassessment 3 weeks later.

At the final attendance within the study, both groups will have pain-free strength re-measured and be asked to repeat the questionnaire (PRFEQ).

Following their involvement in the trial, regardless of the group they are assigned to, all patients for whom further treatment is necessary will be offered further appointments.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Outcome measures for the study are pain-free grip strength and the Patient-Related Forearm Evaluation Questionnaire (PRFEQ). Each of these outcome measures has been shown to be a valid and reliable method of both pain and function.

Key secondary outcome(s))
Not provided at time of registration

Completion date
01/05/2007

Eligibility

Key inclusion criteria
1. Patients diagnosed with chronic lateral epicondylagia (this is a clinical diagnosis based on previously established criteria, i.e. pain over the lateral side of the elbow provoked by palpitation of the lateral epicondyle region and gripping tasks, pain over the lateral epicondyle during either resisted static contraction or stretching of the forearm extensor muscles, and symptoms of greater than 6 weeks duration)
2. Both male and female patients
3. Adults, i.e. patients over 18 years old

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
01/03/2006

Date of final enrolment
01/05/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Physiotherapy Department
Solihull
United Kingdom
B91 2JL

Sponsor information

Organisation
Record Provided by the NHSTCT Register - 2007 Update - Department of Health (UK)

Funder(s)

Funder type
Government

Funder Name
Heart of England NHS Foundation Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration