ISRCTN95631058 https://doi.org/10.1186/ISRCTN95631058

The non-operative treatment of anterior knee pain: a prospective randomised trial to assess the McConnell regime

Submission date
23/01/2004

Recruitment status
No longer recruiting

Registration date
23/01/2004

Overall study status
Completed

Last Edited
09/12/2008

Condition category
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Mr N Downing

Contact details
Department of Orthopaedics
University Hospital NHS Trust
Queen's Medical Centre
Nottingham
United Kingdom
NG7 2UH
+44 (0)115 924 9924

Additional identifiers

Protocol serial number
950141

Study information

Scientific Title

Study objectives
The purpose of this study is to demonstrate how physiotherapy designed on the McConnell regime (McConnell J. The management of chondromlalacia patellae: a long term solution. The Australian J of Physiotherapy, vol 32 no 4, 1986, pp215-223) can treat anterior knee pain and give lasting benefit.

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: Arthritis (rheumatoid)

Interventions
1. Advice
2. Advice and taping
3. Advice and muscle strengthening
4. Advice, taping and muscle strengthening

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
31/03/1998

Eligibility

Key inclusion criteria
1. The study population will come from two sources: the orthopaedic and rheumatology waiting list initiative combined fast track physiotherapy clinic; and the orthopaedic and rheumatology

outpatient clinics.
2. Patients aged 16-40 years with anterior knee pain
3. Patients with anterior knee pain for longer than three months on most days

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
Not Specified

Key exclusion criteria
1. A history of knee locking: previous major trauma or dislocation
2. Osteoarthritis or inflammatory arthropathy
3. Ligamentous instability of the knee
4. Malignancy or infection
5. Previous physiotherapy in the last three months

Date of first enrolment
01/04/1996

Date of final enrolment
31/03/1998

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Department of Orthopaedics
Nottingham
United Kingdom
NG7 2UH

Sponsor information

Organisation

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 article	results	01/09/2000		Yes	No