

Effectiveness of a general neck exercise program, of acupuncture or of repetitive low-energy shockwave therapy for chronic neck disorders

Submission date 14/12/2009	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 04/01/2010	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 04/01/2010	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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

Study information

Scientific Title
Treatment of neck disorders with exercises, acupuncture or shockwave therapy: a randomised controlled trial

Study objectives

Null hypothesis:

A general neck exercise program, acupuncture and shockwave therapy produce equivalent outcomes at 4 months from baseline.

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

Neck disorders

Interventions

General neck exercise program:

Posture correction techniques and active range of movement exercises are delivered. The active range of movement exercises prescribed are at the therapist's discretion, but can include flexion, extension, side flexion, and rotation. Posture correction will be taught in the context of functional and work activities.

Total duration of treatment: 4 weeks

Total duration of follow-up: 15 months from baseline

Acupuncture:

We use single-use, sterile, silver-handle, prepacked needles without guide tubes. We base point selection on individualised western acupuncture techniques by using a list of points previously reported as being effective in neck pain. The specific points for each individual are defined at each treatment session, depending on the patient's pain distribution and palpation of the neck and thorax to determine ah-shi points, or local tender points, for acupuncture. At least 1 distal point is used.

Total duration of treatment: 4 weeks

Total duration of follow-up: 15 months from baseline

Shockwave therapy:

Painful muscles are identified and tender points are treated with low-energy shockwave therapy (EFD = 0.1 mJ/mm², 2000 shocks per muscle, 3 sessions 1 - 2 weeks apart).

Total duration of treatment: 4 weeks

Total duration of follow-up: 15 months from baseline

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Neck pain on a 100 mm visual analogue scale
2. Disability assessed with the 100 point neck disability index

Measured at 2 months, 4 months and 15 months from baseline.

Key secondary outcome(s)

Treatment satisfaction, assessed on a five point scale: 1 = very satisfied, 2 = satisfied, 3 = equivocal, 4 = unsatisfied, and 5 = very unsatisfied; Scores of 1 and 2 are classified as "satisfied" and scores of 4 and 5 as "unsatisfied."

Measured at 2 months, 4 months and 15 months from baseline.

Completion date

31/12/2012

Eligibility**Key inclusion criteria**

1. Aged 18 years and older, either sex
2. Neck pain symptoms for longer than 3 months
3. Referred to therapy with a new episode of neck pain by their general practitioner (GP). Non-specific neck pain is defined as pain and/or stiffness in the cervical spine, with or without unilateral arm pain, after the exclusion of red flags.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Weight loss
2. Fever
3. Progressive neurological signs including bilateral arm pain
4. Evidence of muscle weakness or disturbance in normal sensation
5. History of malignancy, inflammatory arthritis, polymyalgia rheumatica, osteoporosis, or gross structural or neurologic abnormality affecting the neck

6. Contraindications to the study treatments (e.g., patients taking anticoagulants)
7. Any injury awaiting a compensation claim (e.g., deceleration or industrial injury)
8. Pregnancy

Date of first enrolment

01/03/2010

Date of final enrolment

31/12/2012

Locations

Countries of recruitment

Germany

Luxembourg

Study participating centre

OrthoTrauma Evaluation Center

Mainz

Germany

55130

Sponsor information

Organisation

German and International Society for Extracorporeal Shock Wave Therapy (DIGEST) (Germany)

Funder(s)

Funder type

Research organisation

Funder Name

German and International Society for Extracorporeal Shock Wave Therapy (Deutsche und Internationale Gesellschaft für Extrakorporale Stoßwellentherapie [DIGEST]) (Germany)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration