Effectiveness of group therapy in a functional setting, compared to usual physiotherapy treatment protocols for non-specific chronic low back pain patients

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25338

Source
NTR

Health condition

Health conditions: pain, mobility, activity and disability

Key words:
non-specific Low Back Pain, Core stabilization, Exercise, Stabilization, Group therapy, Local stabilization and Global stabilization.

aspecifieke lage rugklachten, rompstabiliteit, oefeningen, stabiliseren, groepstherapie, lokale stabilisatoren en globale stabilisatoren

Sponsors and support

Primary sponsor: Drs. Carolien Gerritsen
Department of Health Science
University of Twente, the Netherlands
Zwiepseweg 143
7241 PT Lochem

Tel: +(31)6-30355144
Mail: c.j.g.gerritsen@alumnus.utwente.nl
Source(s) of monetary or material Support: self-funded study: Fund-sponsor

Intervention

Outcome measures

Primary outcome

pain measured by VAS (0-10)

Mobility was measured with the fingertip to floor

Secondary outcome

patient specific measure of function (PSK)

and Roland Morris Disability Questionnaire (RDQ)

Study description

Background summary

Concluding, the functional group therapy seems to be cost effective compared to usual physiotherapy for patients with non-specific chronic low back pain in this study. For further research in this field it is recommended to conduct a study with homogenous groups at baseline with a larger sample or to repeat the study as a randomized controlled trial to obtain equal groups at baseline.

Depending on clinical conditions, therapy applied to the intervention group including anatomy lessons and strengthen the inner stabilizers of the lumbar spine could be advised in order to save money.

The patients were recruited in the Netherlands.

Study objective

1. This study will investigate if the group therapy is effective based on the functional outcome variables (pain, mobility, activity and disability) in patients with non-specific chronic low back pain.

2. This study will compare the effectiveness of the outcome variables (pain, mobility and activity) of the group therapy versus usual physiotherapy in patients with non-specific chronic low back pain.

3. This study will compare the cost-effectiveness between the group therapy versus the usual physiotherapy treatment in patients with non-specific chronic low back pain.

Study design

Timepoints:

Before treatment (pre-test)

after treatment (post-test)

1 month follow up

1 year follow up

Intervention

The intervention group, consists of group therapy (a combination of anatomy lessons, lessons in behavioural principles and exercise therapy).

In the intervention group patients attended up for 5 treatment sessions, followed once a week over a 5 week period. Each session lasted approximately one hour. The participants were trained by a physiotherapist in group sessions delivered in a gym. In total there were 13 different hours planned per week, so patients were eligible to decide when to participate. The group consisted of 5-10 patients. The level of exercises progressed over the 5 weeks period. Every session consisted of a changed content wherein awareness and self-management played a central role

In the control group (active) patients were treated individually according to the low back pain guidelines of the KNGF the Dutch college for physiotherapy.

The frequentie was on average 13 for the control group and the duration per treatment 25 minutes.

Contacts

Public
University of Twente - Department of Health Science

Carolien Gerritsen
Zwiepseweg 143

Enschede 7241 PT
The Netherlands
Tel: +(31)6-30355144
Scientific
University of Twente - Department of Health Science

Carolien Gerritsen
Zwiepseweg 143

Enschede 7241 PT
The Netherlands
Tel: +(31)6-30355144

Eligibility criteria

Inclusion criteria

chronic non-specific low back pain (duration of >3 months), presently seeking care for low back pain, between 18 and 80 years of age, screening to indicated that the patient was suitable for active exercises, available during 5 weeks, had at least a VAS score greater than 1.

Exclusion criteria

specific low back pain diagnosis, such as radicular pain, disc herniation, spondylolisthesis, infection, tumour, stenosis, Scheurmann’s disease and rheumatic problems, limb or lumbar spine surgery in last 3 months, pregnancy or instructed by a general practitioner or medical specialist not to perform physically activities.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel

Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	16-02-2015
Enrollment:	91
Type:	Anticipated

Ethics review

Positive opinion

Date:	30-12-2016
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL6111
NTR-old	NTR6250
Other	MEC : K15-07

Study results