

Online physiotherapy for patients with low back pain.

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Online physiotherapy treatment using Mijn Fysio Online is as effective as standard physiotherapy in reducing impairments and limitations in patients with low back pain.

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27169

Bron

Nationaal Trial Register

Verkorte titel

mijn fysio online

Aandoening

Low back pain
e-health

Ondersteuning

Primaire sponsor: ?

Overige ondersteuning: Coöperatie VGZ (Cooperation of Healthcare Insurances)
<http://www.cooperatievgz.nl/>

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Outcome Name: Health status in relation to low back pain.

Measuring instruments:

1. Roland Morris Disability Questionnaire;

2. Patient Specifieke Klachten (patient-specific functional status in low back pain);

3. Numeric Pain Rating Scale;

4. Short Form 12;

5. Five-Dimensional EuroQol.

Toelichting onderzoek

Achtergrond van het onderzoek

Physiotherapy with online consults at home could have some advantages over standard physiotherapy. We hypothesize that 'Mijn Fysio Online' (a blended version of face-to-face consults and online consults) is as effective in reducing impairments and limitations of patients with low back pain as standard physiotherapy. In this multi-center controlled study we evaluate the effectiveness and patient satisfaction about online physiotherapy compared to standard physiotherapy.

The online physiotherapy consists of 3 face-to-face consults and one to five online consults, using the website www.mijnfysioonline.nl. All participants have to fill in a questionnaire about low back pain, health status, quality of life and satisfaction about the received care. This questionnaire will be e-mailed to the patient at baseline, after 12 weeks and 24 weeks. Also the physiotherapists have to fill in a questionnaire per patient about the given care.

Doel van het onderzoek

Online physiotherapy treatment using Mijn Fysio Online is as effective as standard physiotherapy in reducing impairments and limitations in patients with low back pain.

Onderzoeksopzet

Timepoints: 6, 12 and 24 weeks.

Onderzoeksproduct en/of interventie

Intervention: blended treatment with three face-to-face physiotherapy consults and one to five online consults, using the website My Physio Online (Mijn Fysio Online). The number of consults and total duration of treatment is not fixed in advance, but on average the therapy takes about six to twelve weeks. Online consults consist of online messages from the physiotherapist to the patient and vice versa. The messages from the physiotherapist include exercises and advices. The face-to-face consults consist of explanation of My Physio Online, setting goals for the treatment, evaluating goals, assessing of the performance of the exercises and optional manual treatment, like massages, mobilizations or manipulations.

Control intervention: standard physiotherapy. Number of consults is not fixed in advance, but normally takes about nine consults, during a period of six to twelve weeks. This treatment consist of face-to-face consults, including explanation and advice about low-back pain, setting and evaluation goals for the treatment, giving and assessing exercises and sometimes manual treatment like massages, mobilizations or manipulations. The treatment has to meet the Dutch Low-Back Pain Guideline for physiotherapists (KNGF-richtlijn lage-rugpijn).

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Patients of 18 years or older with non-specific low back pain;
2. The patient meets profile 1b, 2a, 2b, 3a of 3b of the Dutch Low-Back Pain Guideline for physiotherapists (KNGF-richtlijn lage-rugpijn);
3. The patient has internet access at their home;

4. The patient is willing to (partial) online treatment;
5. The patient has a good command of the Dutch language (both oral and written).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Comorbidity that may influence the non-specific low back pain.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-05-2013
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	20-03-2013
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3740
NTR-old	NTR3911
Ander register	RVVZ UVIT / METC : T6500 / D3766 / 11-507/C;
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A