



KEELE
UNIVERSITY

Primary Care Musculoskeletal Research Centre

Focused Symposium

Randomised Trials in Common Musculoskeletal Problems: Challenges and Future Directions



Welcome

Aims

1. To examine what we can learn from high quality RCTs of physical therapy for common musculoskeletal problems
2. To understand the challenges of designing and conducting high quality RCTs in physical therapy musculoskeletal practice, and how to overcome them

Aims

3. To prioritise the key issues for inclusion in future RCTs of physical therapy for musculoskeletal problems
4. To provide recommendations to improve future RCTs in musculoskeletal physical therapy

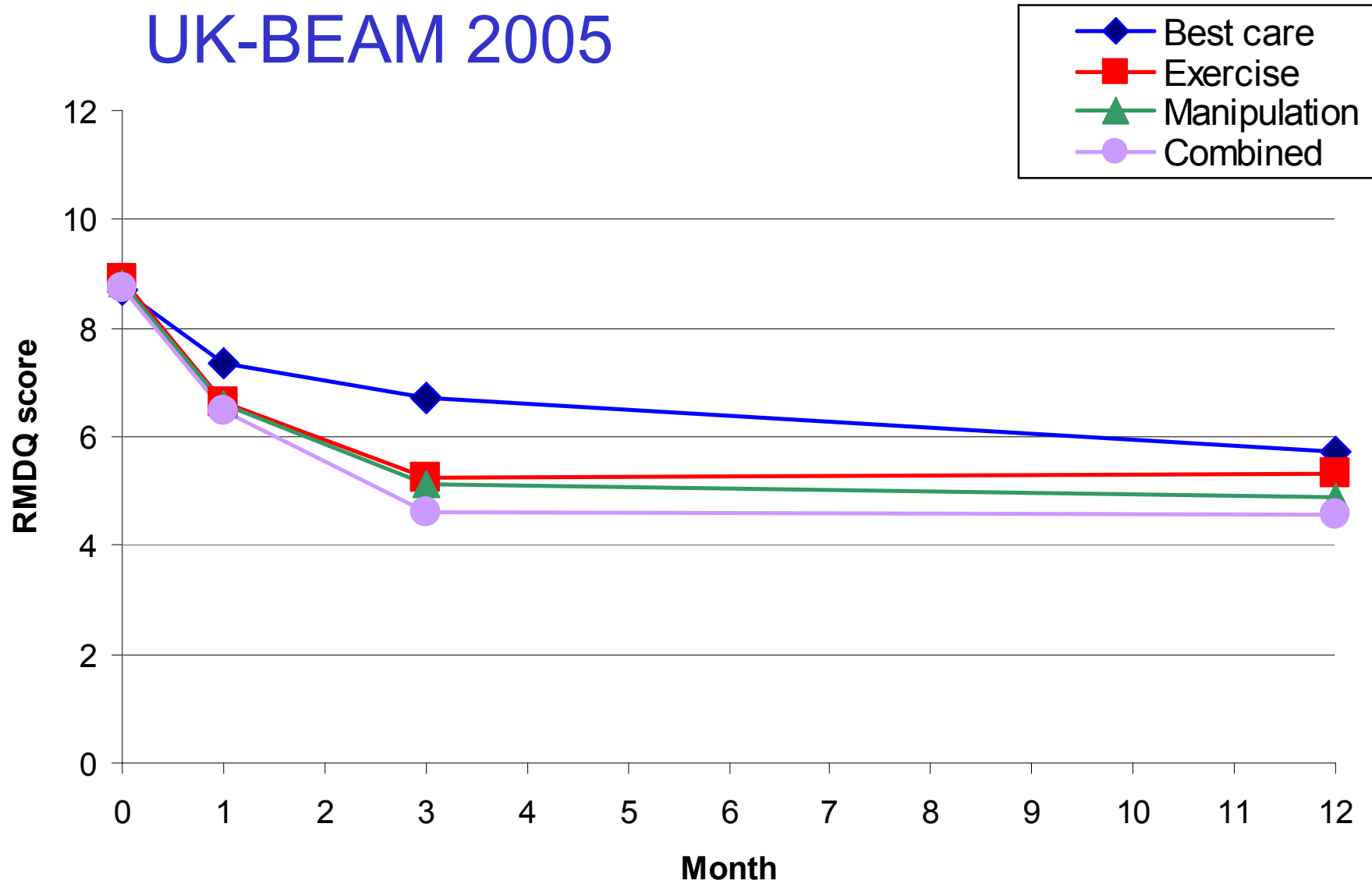
Introduction

- Common musculoskeletal problems
 - Back pain, neck pain, knee pain, shoulder pain
- RCT – appropriate tool
- Designing RCTs which mimic real clinical practice is challenging
- Large, high quality RCTs
 - No differences or very small differences between physiotherapy approaches

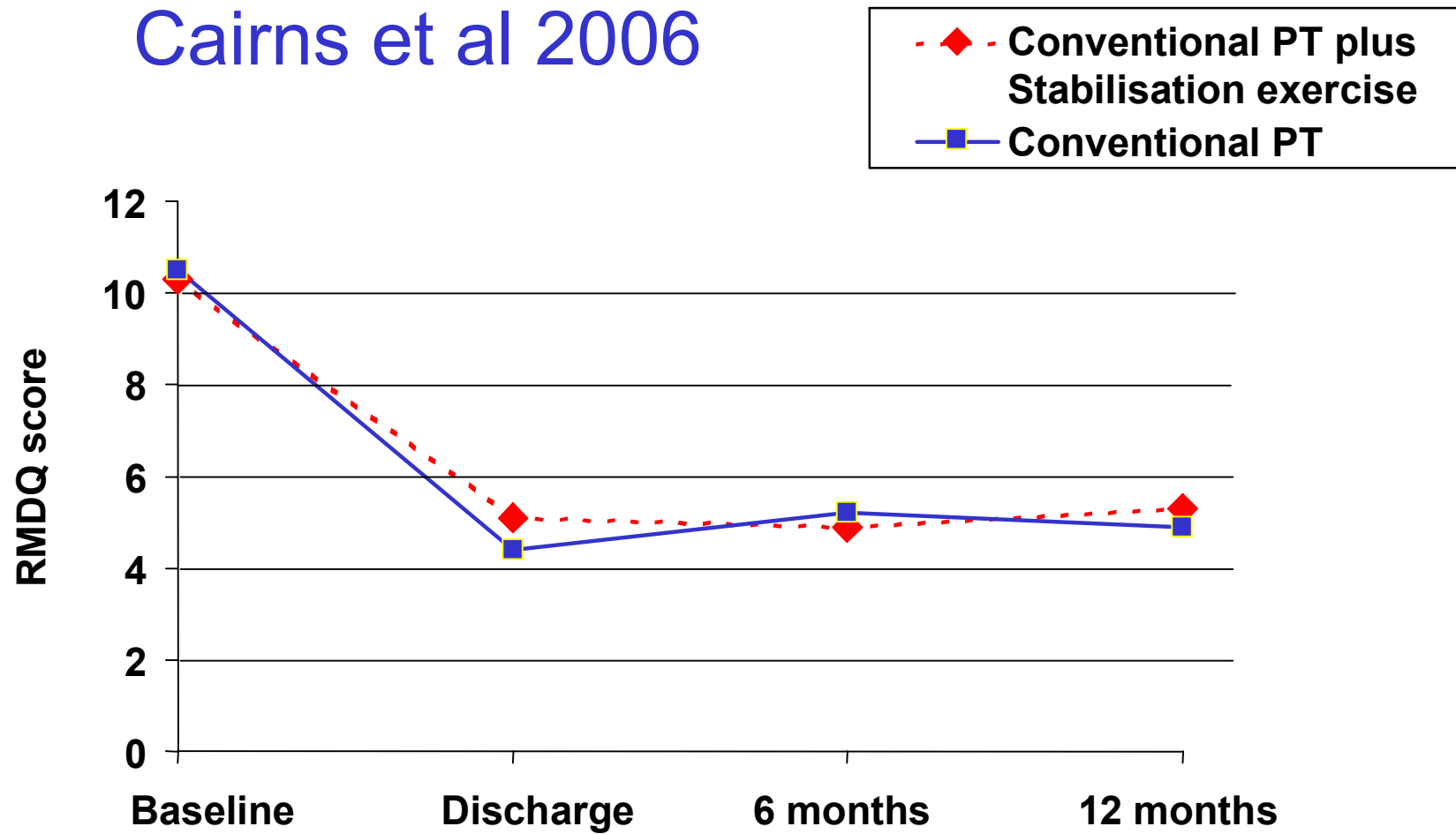
Examples

1. Trials comparing physical therapy interventions with usual care
2. Trials comparing a standard intervention with additional interventions
3. Trials which compare different ways of delivering physical therapy

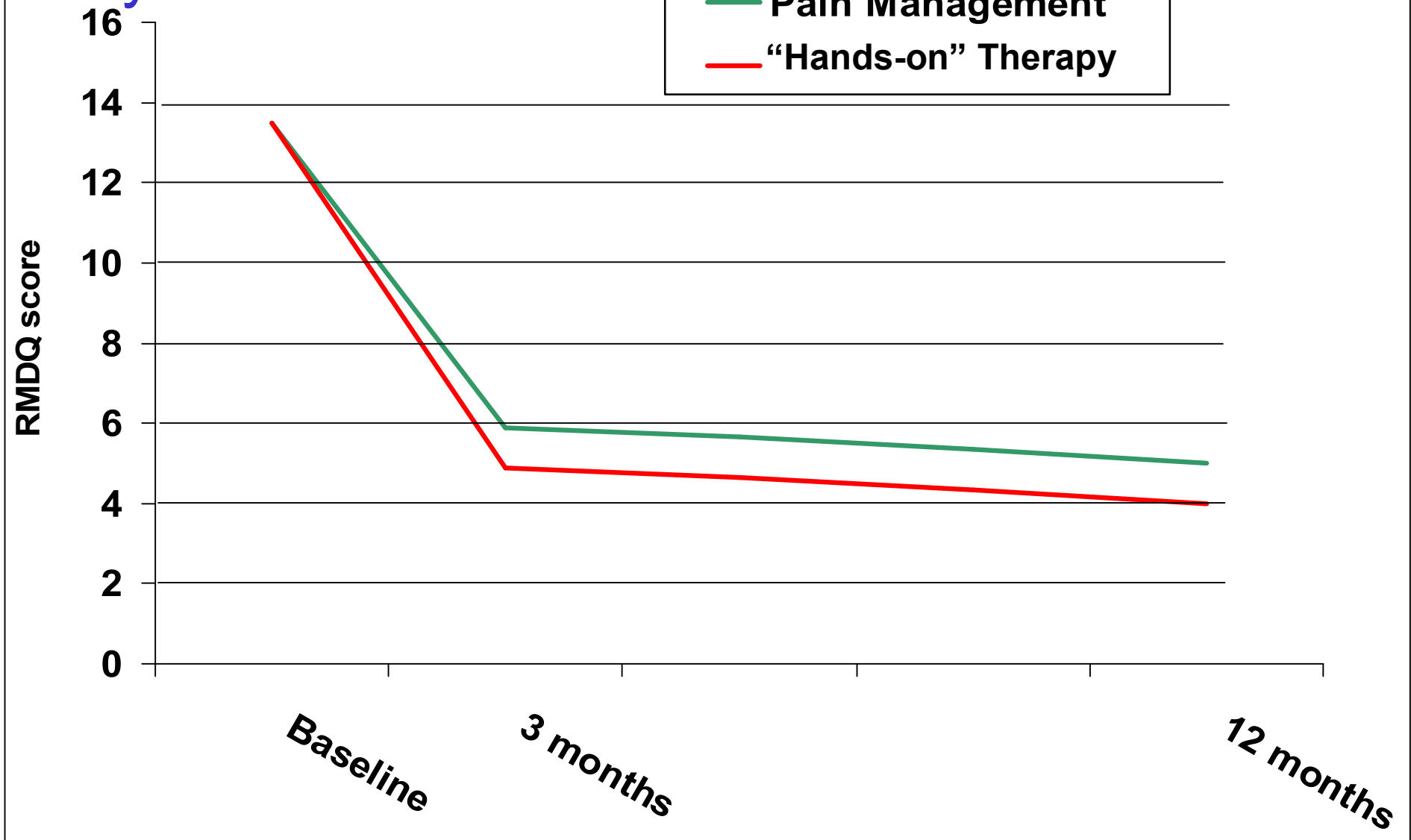
UK-BEAM 2005



Cairns et al 2006



Hay et al 2005



But...

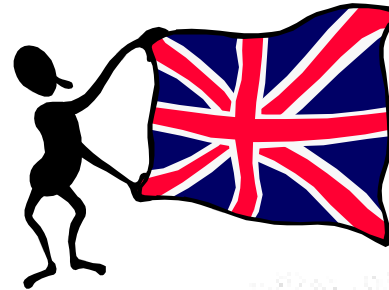
- Findings are at odds with
 - The experiences of practitioners who often see dramatic improvements in individual patients

Implications

- Range of possible explanations for mismatch
- For example
 - Overestimation of specific treatment effects
 - Underestimation of non-specific effects
 - Inadequate identification of important subgroups
 - Insufficient individualisation of treatment
 - Poor outcome measures

Contributors

- Dr Krysia Dziejczak



- Dr Danielle van der Windt



- Dr Julie Fritz



Plan

- Dr Krysia Dziedzic
 - ‘What have we learned from high quality RCTs?’
- Dr Danielle van der Windt
 - ‘Overcoming the challenges of RCTs for musculoskeletal pain’
- Dr Julie Fritz
 - ‘Future directions for trials of interventions for musculoskeletal pain’
- Question time
- 12.00pm Recommendations for future trials
- 12.15pm Close

Priority planning

- UK Clinical Trials Think-tank in April 2007
- 26 experts in clinical trials of physical therapy interventions
- Made 22 recommendations
 - we asked them to rank in order of importance for future RCTs
- Consensus
 - more than 80% agreement

Recommendations

- Consensus
 - 12 recommendations (see handouts)
- Like **your** input
 - Read each recommendation
 - Provide your opinion about each
 - Brief information about yourself
 - We will collect responses
 - Seek publication of results

Thank you

**National Coordinating Centre for
Research Capacity Development**



**The North Staffordshire
Primary Care Research Consortium**

