

Effectiveness of Osteopathy in Professional Musicians (Violinists and Violists) with Chronic Neck Pain – A Randomized Controlled Trial

Summary:

Aim: The aim of this study is to evaluate the effectiveness, safety and cost-effectiveness of an osteopathic treatment in addition to a consultation considering playing related problems of musicians and a rescue medication of 500 mg Paracetamol up to 4 times daily (intervention group) in comparison to a control group with a consultation considering playing related problems of musicians and a permitted rescue medication of 500 mg Paracetamol up to 4 times daily (control group) in professional orchestral musicians, soloists or music students (violinists and violists) with chronic neck pain.

Design: Two armed randomized controlled trial

Participants: 100 professional musicians (18-65 years of age) with chronic neck pain.

Intervention: After inclusion and before randomization all participants will get a 45 minute consultation considering playing related problems of musicians and a related handout. After randomization participants of the intervention group will receive 5 osteopathic treatment sessions 45-60 minutes each in two weeks interval. Patients of the control group will receive no osteopathic treatment sessions in the first 12 weeks. After 12 weeks patients of this group will also receive osteopathic treatment sessions if requested. A rescue medication of 500 mg Paracetamol is permitted in the first 12 weeks.

Outcome measures: The primary outcome is the subjective perceived neck pain on a visual analogue scale (VAS, 0-100 mm, 0 = no pain, 100 = worst imaginable pain) measured after 12 weeks. Secondary outcomes include the subjective perceived neck pain on a visual analogue scale VAS after 6, 26 and 52 weeks, further secondary outcomes measured by questionnaires after 6, 12, 26 and 52 weeks each are the Neck Disability Index (NDI), the visual analogue scale for perceived pain (VAS, 0-100mm), the SF-12 health related quality of life, days of disability due to musculoskeletal pain, medication intake (analgesics) and inability to work due to musculoskeletal pain within the last 7 days, playing related disability, safety, cost and cost effectiveness.

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