

## **Osteopathic Treatment in Patients with Chronic Musculoskeletal Diseases - an Observational Study**

### **Summary:**

**Aim:** The aim of the observational study is to obtain preliminary data about the effects of osteopathic treatment in addition to routine care in patients suffering from chronic neck pain, chronic low back pain, chronic shoulder pain or chronic knee pain. The data will be used to prepare larger randomized controlled trials.

**Design:** Four non-interventional open single arm studies for the four indications

**Participants:** 10 patients (30-65 years of age), male or female with the clinical diagnosis "chronic neck pain" i.e. neck pain for at least 12 weeks; 10 patients (30-65 years of age), male or female with the clinical diagnosis "chronic low back pain" i.e. low back pain for at least 12 weeks; 10 patients (30-65 years of age), male or female with the clinical diagnosis "chronic shoulder pain" i.e. shoulder pain for at least 12 weeks; 10 patients (30-65 years of age), male or female with the clinical diagnosis "chronic knee pain" i.e. knee pain for at least 12 weeks

**Intervention:** Within an university setting patients will receive 6 osteopathic treatments of a 45-60 minutes duration each, with a treatment interval of 3-4 weeks in addition to routine care. As it is observational no additional changes are required to conventional or complementary therapy regimens of the patients.

**Outcome measures** at baseline, after 12, 26 and 52 weeks are the average pain intensity on visual analogue scale (VAS, 0-100 mm, 0 = no pain, 100= worst imaginable pain), the SF-12 health related quality of life, days of disability due to musculoskeletal pain within last 4 weeks, medication intake (analgesics) due to musculoskeletal pain within the last 7 days and the use of additional therapy within last 4 weeks. For the four different musculoskeletal disorders each one will be evaluated by a special outcome measurement: the Neck Disability Index (NDI) for neck pain, the Low Back Pain Rating Scale for low back pain, the Disabilities of Arm, Shoulder and Hand (DASH) for shoulder pain, the Western Ontario and McMaster Universities (WOMAC) Osteoarthritis Index for knee pain.

---

*Principal investigator:*

Brinkhaus, MD

*Project coordinator:*

Rotter, MD

*Research associate:*

Ortiz, MD

Teut, MD

*Data management:*

Binting

*Project coordination office:*

Cree

*Project duration:*

2015-2017

*Project status:*

main phase

*Funding:*

Investigator Initiated Trial

---

*Publication:*