

## PACeR Trial Criteria for Recruitment

### Eligibility:

Adults with single-level cervical radiculopathy of less than 12 weeks symptom duration.

### Inclusion criteria:

- Subjects aged 18 years or older.
- Meets criteria for CR diagnosis on a CPR by demonstrating positive responses to at least 3 of the following 4 clinical tests: Spurling's Test, Upper Limb Neural Tissue Provocation Test 1 (ULNT 1), Cervical Distraction Test, and less than 60° of cervical rotation on the symptomatic side (Wainner et al., 2003).
- Complaints of neck / periscapular pain in addition to radicular pain, paraesthesia or numbness in the upper limb; aggravated by neck posture or movement (Thoomes et al., 2012).
- Symptom duration must be greater than 2 weeks and less than 3 months.
- Mean of Numerical Pain Rating Scale (NPRS) scores for both neck and arm pain must be  $\geq 3/10$ .
- Fluent in spoken & written English.
- Willing to give informed consent.

### Exclusion criteria:

- Previous physiotherapy / manual treatment to cervical spine within past 6 months.
- Previous epidural injection since the onset of current symptoms.
- Prior surgery to the cervicothoracic spine or currently symptomatic upper limb.
- Current bilateral upper-limb symptoms.
- Myotomal paresis less than 4 / 5 on MRC scale in affected upper limb.
- Signs and symptoms suggestive of Cervical Spondylotic Myelopathy (CSM): bilateral paraesthesia, hyperreflexia, positive Babinski reflex and spasticity
- Diagnosis of any generalised neurological disorder e.g. multiple sclerosis.
- Concurrent peripheral neuropathy affecting either upper limb e.g. carpal tunnel syndrome, thoracic outlet syndrome.
- Medical red flags suggestive of serious pathology such as neoplastic conditions, upper cervical ligamentous instability, vertebral artery insufficiency and inflammatory or systemic disease (Childs et al., 2004).
- Diagnosis of fibromyalgia.
- Psychiatric diagnosis in past 6 months.
- Ongoing litigation relating to cervical symptoms.