



A Randomised Controlled Trial of Multimodal Physiotherapy for Patients with Acute / Sub-acute Cervical Radiculopathy – the PACeR Trial

The PACeR trial is a EuroSpine-funded multicentre RCT currently enrolling in the greater Dublin area. GPs are invited to refer patients with suspected Cervical Radiculopathy by contacting Louise Keating.

ELIGIBILITY CRITERIA

- Adults with single-level Cervical Radiculopathy, who have unilateral arm symptoms (radicular pain, paraesthesia, or numbness aggravated by neck posture or movement),
 - Symptom duration 2-12 weeks,
 - No physical treatment involving the Cervical Spine in last 6 months.
- MRI confirmation is not necessary.

Cervical myelopathy, spinal red flags and other exclusion criteria will be excluded by a clinical screening undertaken by the Principal Investigator; a Clinical Specialist Physiotherapist with 25 years of clinical experience.

The trial is investigating the effect of 4 weeks of Multimodal Physiotherapy (non-provocative manual therapy, exercise and tape) on pain and disability, compared to a control of weekly telephone calls from a physiotherapist for symptom management & activity advice. All participants are also encouraged to continue use of prescribed medication and use is monitored during the trial.

Follow up assessments take place at 4 and 12 weeks and by phone at 6 months. Control group participants will be offered treatment at 12 weeks. Travel costs for assessments are reimbursed.

Ethical approval for this trial has been received from the ICGP Research Ethics Committee and Research Ethics (Medical Research) Committee of Beaumont Hospital.

LOCATIONS

- Screening and Assessments take place at RCSI School of Physiotherapy, Premier Physiotherapy in Ballinteer or Beaumont Hospital.
- Participants randomised to the treatment group will receive treatment from a Clinical Specialist Physiotherapist at Beaumont Hospital, Collins Avenue Physiotherapy, Physiofusion in Ranelagh, Ballsbridge Physiotherapy, or Premier Physiotherapy in Ballinteer.

PRINCIPAL INVESTIGATOR

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Additional trial information is available at rcsi.ie/PACeRtrial