



RCSI SCHOOL OF
PHYSIOTHERAPY

Are You Interested In Joining A Research Study On Physiotherapy for Neck And Arm Pain? The PACeR Trial

The PACeR trial (a Randomised Controlled Trial of Physiotherapy for recent onset Cervical Radiculopathy) is a physiotherapy study running across Dublin and recruiting until the end of March 2019. Cervical Radiculopathy is a pinched spinal nerve that causes pain, tingling, numbness or weakness in your arm.

We aim to find out if physiotherapy is of any extra benefit to taking medication. If you or your GP think you might have a pinched spinal nerve in your neck, please contact Louise Keating directly.

ELIGIBILITY CRITERIA

You must -

- Be 18yrs or older
- Have neck and arm symptoms (pain, tingling, numbness and / or feeling of weakness)
- Have symptoms for no longer than 3 months
- Not have received physical treatment (e.g. physiotherapy or chiropractic) for your neck in the last 6 months.

This research trial is investigating the effect of 6-8 sessions (4 weeks) of Physiotherapy (manual therapy, exercise and tape) on your pain and disability, compared to weekly telephone calls from a physiotherapist for symptom management & activity advice.

After your first assessment, additional assessments take place at 4 and 12 weeks and by phone at 6 months. Travel costs for assessments are reimbursed.

LOCATIONS

- Screening and Assessments take place at the RCSI School of Physiotherapy, Premier Physiotherapy in Ballinteer or Beaumont Hospital.
- If you are offered physiotherapy, you can choose to attend 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