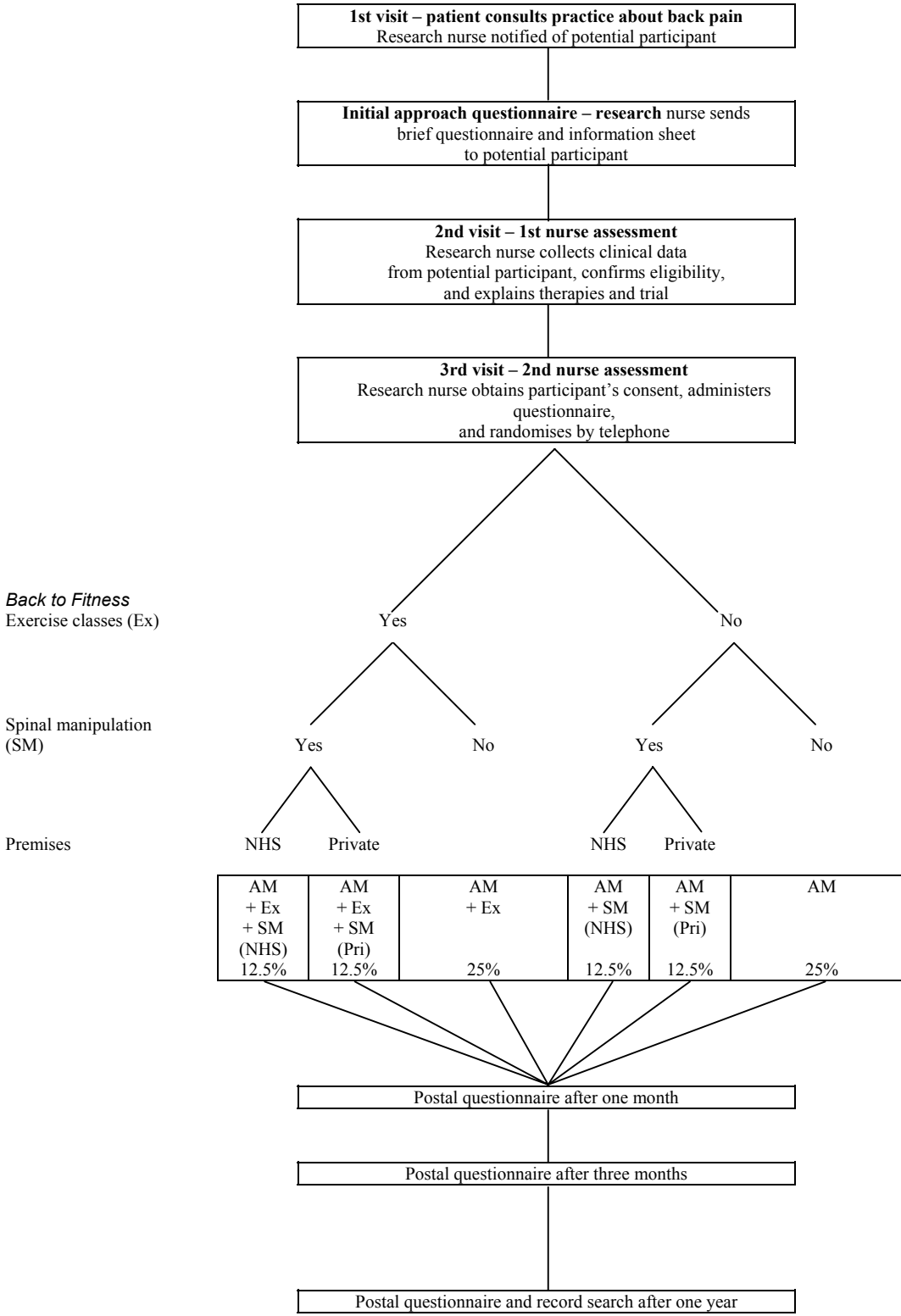
1st visit – patient consults practice about back pain
Research nurse notified of potential participant
Initial approach questionnaire – research nurse sends brief questionnaire and information sheet to potential participant
2nd visit – 1st nurse assessment
Research nurse collects clinical data from potential participant, confirms eligibility, and explains therapies and trial
3rd visit – 2nd nurse assessment
Research nurse obtains participant's consent, administers questionnaire, and randomises by telephone
Back to Fitness
Exercise classes (Ex)
Yes
No
Spinal manipulation (SM)
Yes
No
Yes
No
Premises
NHS
Private
NHS
Private
AM + Ex + SM (NHS) 12.5%
AM + Ex + SM (Pri) 12.5%
AM + Ex 25%
AM + SM (NHS) 12.5%
AM + SM (Pri) 12.5%
AM 25%
Postal questionnaire after one month
Postal questionnaire after three months
Postal questionnaire and record search after one year