

# Face-to-face physiotherapy compared with a supported home exercise programme for the management of musculoskeletal conditions: protocol of a multicentre, randomised controlled trial—the REFORM trial

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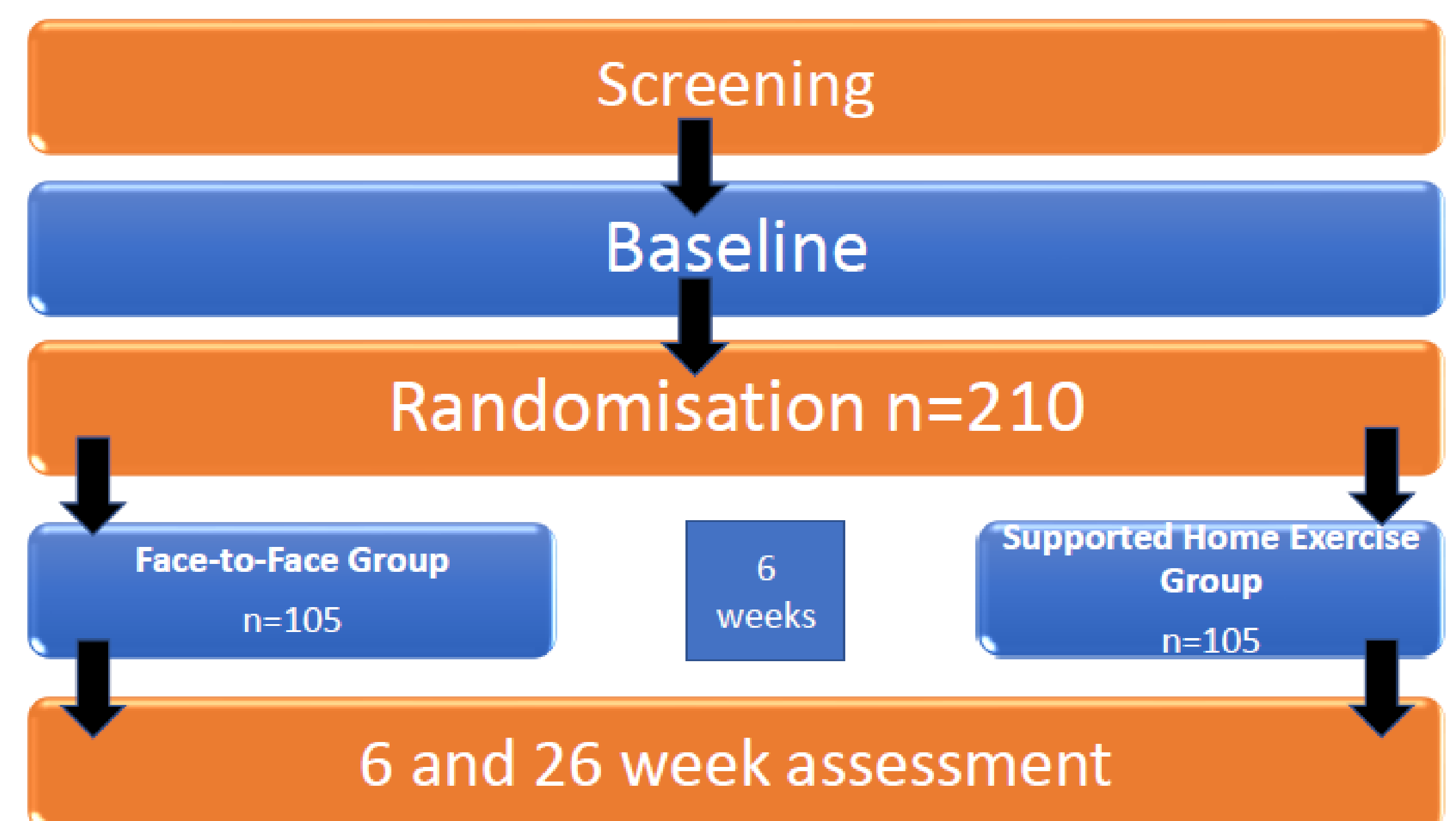
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## BACKGROUND:

- Musculoskeletal conditions are common and treatment largely consists of exercise advice and support.
- We wanted to see if we could provide the same exercise, advice and support through a home exercise program supplemented with telephone support, text messages and an exercise App.
- Pre COVID – this challenged traditional perceptions of the role of physiotherapy.

## FLOW of Patients through REFORM:



## AIM:

The aim is to determine whether a supported home exercise programme is as good as or better than face-to-face physiotherapy for the treatment of musculoskeletal conditions.

## Primary outcomes

- Patient Specific Functional Scale

## Secondary outcomes

- Fear avoidance – Tampa Scale for Kinesiophobia
- Perception of pain – NRS 0-10
- Patient impression of change in his/her condition
- Satisfaction with healthcare service
- Quality of life – EuroQol 5D
- Late Life and Disability Instrument

## METHOD:

- 210 participants will be recruited from five public hospitals in Sydney, Australia.
- Participants will be randomised to either the Supported Home Exercise Group or the Face-to-face Physiotherapy group.
- Participants allocated to the Supported Home Exercise Group will initially receive one face-to-face session with the trial physiotherapist and will then be managed remotely for the next 6 weeks.
- Participants allocated to the Face-to-face Physiotherapy Group will receive a course of physiotherapy as typically provided in Sydney government hospitals.
- Separate analyses will be conducted on each outcome and all analyses will be conducted on an intention-to-treat basis.

## RESULTS:

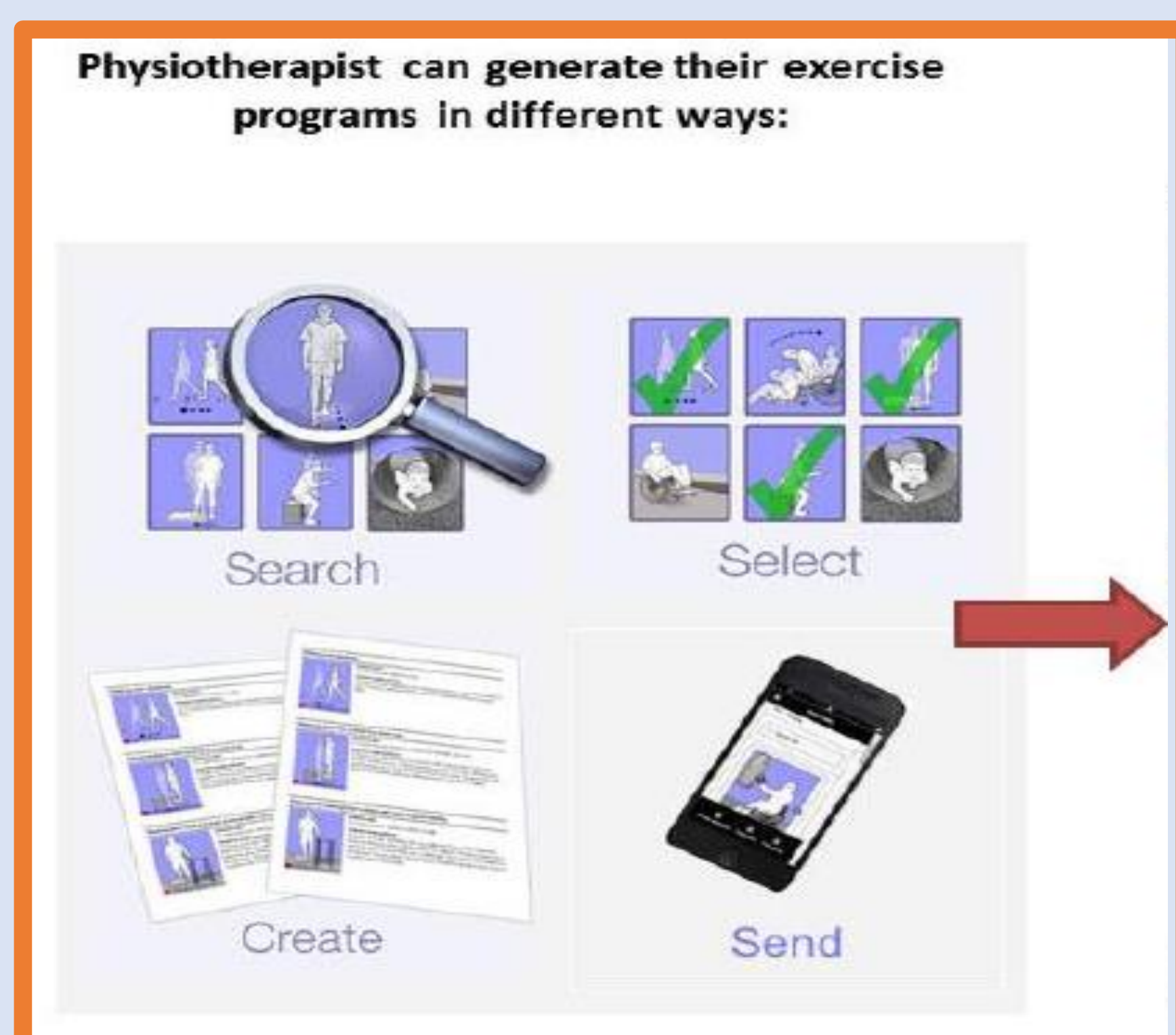
- Recruitment has commenced and we anticipate this trial will be completed in 2022.

## CONCLUSIONS:

- This trial will investigate two different models of physiotherapy care for people with musculoskeletal conditions.

## ACKNOWLEDGEMENTS:

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