Figure 2: Flow Chart of Study

Patient Recruitment:
Advertisements at Murdoch University (MU), Community boards, Newspapers & emails to MU staff and students

Clinic visit:
Screening questionnaire
History and Physical examination
Informed consent

Baseline Visit:
VAS, Oswestry, SF-36 and socioeconomic data
Random group assignment

Spinal Manipulative Therapy:
10 sessions over 3-4 weeks

Graston Therapy:
2 treatments/week over 3-4 weeks

Placebo:
8 minutes of US
10 sessions over 3-4 weeks

One week follow up:
VAS, Oswestry, SF-36 via mail

Four week follow up:
VAS, Oswestry, SF-36 via mail

Three month follow up:
VAS, Oswestry, SF-36 via mail

Six month and 1 year follow up:
VAS, Oswestry, SF-36 via mail
Log book collected i.e. additional treatment sought, adverse effects from treatment