Back-Related Leg Pain Study

Telephone Screen

Baseline Visit 1 (2-2.5 Hours)
- Study Description
- Vitals (blood pressure, height, weight)
- Questionnaire
- Physical Exam
- X-Ray, if needed

7-14 days

Baseline Visit 2 (1.5 - 2 Hours)
- Questionnaire
- Review Study
- Strength and Motion Testing

2-7 days

Randomization & HEP 1 (1.5 - 2 Hours)
- Review Study
- Random Treatment Assignment
- 1st Home Exercise Session

Randomization & HEP 2 (2-2.5 Hours)
- 2nd Home Exercise Program

12 weeks of Treatment

Home Exercise Program +
Chiropractic Program
n = 96
- 3 x 1 hr. instructional sessions
- AND
- 20 min. chiropractic treatments (# to be determined)

Home Exercise Program
n = 96
- 3 x 1 hr. instructional sessions

Week 3 (1/2 -1 hour)
- Questionnaire

Week 12 (1.5- 2 Hours)
- Questionnaire
- Interview
- Strength and Motion testing
- Meet with Study Doctor

Follow up Questionnaires
- 6 months (mailed)
- 12 months (mailed)

1x per month phone call (8 months)