

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

**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

**12 weeks
of
Treatment**

Week 3 (1/2 - 1 hour)
Questionnaire

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

**1x per month phone call
(8 months)**

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