Single-Case Experimental Designs are useful in back pain to understand how change happens

Background
- Osteopathy shown to be effective in the management of chronic low back pain (LBP).
- Guidelines recommend biopsychosocial care for non-specific LBP
- Lack of evidence comparing standard with added training in biopsychosocial osteopathic care.

Methods and results
- Multiple baseline SCED trial with 11 UK osteopaths and 60 patients with persistent LBP currently conducted
- Patients randomised to early, middle or late treatment start dates
- Osteopaths have participated in one course on the SCED protocol and processes pre-participation.
- First recruitment stage completed.
- Osteopaths currently taking an e-learning course on the biopsychosocial management of patients with LBP.
- Second recruitment stage from June 22.
- Primary outcomes are Numeric Pain Rating and Patient Specific Function Scales, measured daily at baseline and for 6 weeks during the intervention stage, and weekly or fortnightly during a 12-week follow-up period.

Conclusion
This experimental design will offer osteopaths in practice the opportunity to engage in research evaluating the effectiveness of osteopathic care and the influence of a training programme to augment biopsychosocial osteopathic care.