Information sheet for participants.

INFORMATION FOR PARTICIPANTS

(This document will be given to patients at the study inclusion visit, before applying the baseline assessment and randomization.)

Before signing this informed consent, please read carefully the information provided below and ask any questions you consider appropriate in reference to the comparative study entitled: "Effects of therapeutic exercise plus capacitive-resistive radiofrequency therapy and ultrasound-guided percutaneous neuromodulation in chronic non-specific neck pain."

Importance:

Numerous studies consulted conclude the importance of seeking alternative forms of treatment that are effective in the symptoms of people suffering from chronic non-specific neck pain, due to the disability caused by this injury and the direct and indirect costs that arise from it, in order to achieve better results.

Our intention is to evaluate and compare the therapeutic approach using therapeutic exercise plus the capacitive-resistive radiofrequency technique and the ultrasound-guided percutaneous neuromodulation technique in chronic non-specific neck pain.

Summary of the study:

The assigned technique will be explained before starting the treatment and may be therapeutic exercise plus capacitive resistive diathermy or therapeutic exercise plus ultrasound-guided percutaneous neuromodulation.

The treatment will be directed to the upper trapezius muscle. In the three groups, a total of 8 treatment sessions will be carried out, with one session per week. An initial evaluation (pre-treatment) will be carried out, a second evaluation four weeks after starting the treatment, a third at the end of the treatment at 8 weeks and a final evaluation 12 weeks after finishing it.

This evaluation will consist of a series of tests and questionnaires that measure the degree of pain, head posture and cervical mobility, cervical spine functionality, fear of cervical movement, extension and location of pain and catastrophizing about pain.

Research risks for the patient:

The techniques applied are carried out by a highly experienced researcher and the ultrasound-guided neuromodulation technique using a needle is performed by ultrasound to reduce any risk that may exist to a minimum.

If you need additional information, you can contact the staff of our research unit by phone at 639616829 or by email: juanjogg@ual.es