

Best-practice, non-pharmacological conservative management for patients with confirmed lumbosacral radicular pain (onset > 6 weeks): a Delphi study



Welcome

We are two, second year MSc Physiotherapy students at King's College London exploring the best-practice physiotherapy management for patients with confirmed lumbosacral radicular pain (onset > 6 weeks), via a Delphi study

Project Background and Aims

As you may be aware, the current literature supporting NICE and other National guideline recommendations of combined non-pharmacological interventions - such as exercise, manual therapy, and psychological approaches - remains limited, particularly regarding optimal dosage and delivery methods.

To address this gap, our study aims to assess the level of consensus among expert clinicians and researchers on their management strategies for this condition, ultimately contributing to improved best-practice recommendations.

Study Participation

Participation in this study will involve:

- Reviewing a summary of national and international guidelines.
- Completing three rounds of questionnaires using a Delphi protocol, each spaced 1-2 weeks apart.
- Round 1 questions need to be completed by **Monday 9th June**

Prior to taking part in the study we request that you:

- Read the information sheet – [CLICK HERE](#)
- Sign and return the consent form to either contact addresses below – [CLICK HERE](#)
- Read a summary of national and international guidelines – [CLICK HERE](#)

Once completed we invite you to [CLICK HERE](#), which will take you to the MS forms page where you can complete the survey. As mentioned above we request you to have completed this by **Monday 9th June**.

Please feel free to reach out if you have any questions about the study. We look forward to your participation.

Many thanks

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