

National Council for
N C O R
Osteopathic Research

Ideas for research topics

Below are some ideas for research topics.

The research questions may need changing and/or refining according to your needs.

Systematic reviews

- Reliability and validity of methods used to identify/diagnose lumbar intervertebral disc herniations:
 - i) Case history*
 - ii) Pain pattern distribution*
 - iii) Straight leg raise*
 - iv) X-ray*
 - v) MRI*
 - vi) Lower limb neurological testing i.e. myotomes, dermatomes, deep tendon reflexes, proprioception*
- Effectiveness of psychological interventions for low back pain on Pain severity or function or return to work:
 - Counselling*
 - CBT*
 - Hypnosis/Self hypnosis/Visualisation/Relaxation*
 - Acceptance/mindfulness*
 - Non manual touch therapies (faith healing, magnets, vibration)*
 - Support groups*
- Effectiveness of pilates or Alexander technique or yoga or cardiovascular exercise for low back pain or neck pain or OA knee or hip (or any other body condition) on pain severity or function or quality of life.

- Effectiveness of prolotherapy (or any specific therapy that can be defined) for (see below) on pain severity or function
 - i) *Low back pain*
 - ii) *Neck pain*
 - iii) *Fibromyalgia*
 - iv) *Hypermobility*
 - v) *OA of the knee or hip or shoulder*
- Effectiveness of corticosteroid injection for (see below) on pain, function in the short or medium and long term?
 - i) carpal tunnel
 - ii) any other body area of interest
- What is the risk of adverse incidences with corticosteroid injection in (a specific body area) in the short medium or long term?

Qualitative research

- Osteopaths' awareness/agreement/intention/implementation of clinical guidelines (awareness-to-adherence pathway)
- Patient understanding and beliefs surrounding the rationale for the use of and effects of HVT
- What makes a good osteopath from the perspective of a patient
- A comparison of student expectations of clinical tutors and clinical tutor expectation of students in year 1 or 2 or 3 or 4 or 5
- Patient understanding and beliefs surrounding the difference between osteopaths, chiropractors and physiotherapists
- Practitioner understanding and beliefs surrounding the difference between osteopaths, chiropractors and physiotherapists
- Student understanding and beliefs surrounding the difference between osteopaths, chiropractors and physiotherapists

Audit

- Is BMI / age / gender/ height / ethnicity associated with low back pain or neck pain or knee or hip pain?
- Does seasonal variation affect reason for visit or site of body to be treated or number of treatments recorded for any one episode?