

# A Multicomponent Intervention for Patients With Lumbosacral Radiculopathy: Move-MORE

NCT07125027

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Status	RECRUITING
Phase	Not Applicable
Sponsor	National University of Natural Medicine
Enrollment	32 participants

## Key Eligibility Criteria

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### Inclusion (22)

- Adults age 18-65 years at the time of enrollment
- Ability to stand for 10 minutes
- Presence of lumbosacral radicular pain within the past week that extends below the knee (i.e., pain radiating from the low back into the leg in a nerve root distribution) with or without accompanying low back pain, of at least 12 weeks' duration, AND
- Tampa Scale of Kinesiophobia score  $\leq 23$
- At least one positive physical examination finding consistent with lumbosacral radiculopathy, including at least one of the following:
  - ... and 17 more (see full listing online)

### Exclusion (20)

- Participants will be excluded if they have clinical signs or symptoms of lumbosacral radiculopathy with progressive neurologic deficits (loss of motor or sensory function) or intolerable pain.
- Participants with lumbosacral radiculopathy with progressive neurologic deficits will be referred for immediate medical attention, and are not eligible for participation in this study.
- Participants will be excluded if they have clinical signs or symptoms suggestive of cauda equina syndrome, including any of the following:
  - New-onset urinary retention or overflow incontinence not attributable to other known causes;
  - Fecal incontinence;
  - ... and 15 more (see full listing online)

## Locations (1 total)

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National University of Natural Medicine, Portland, Oregon, United States