Flow chart showing flow of women in the EASE BACK pilot trial Study flyers in Approaches to raise awareness about the EASE BACK pilot trial Study flyers and booking in packs/ posters in GP Local media information via local Internet information including issued with 20 week practices, children's study website radio, newspapers and stores centres and UHNS ultrasound scan apt 1. Research 5. GP's. 2. Women 3. Research 4. Research 6. Selfstaff identify Obstetricians midwives complete a midwives referring identify brief screening women from identify women in and community women phone women in questionnaire new referrals to antenatal clinics midwives give study antenatal at 20 weeks UHNS and give them an women the administrator, physiotherapy clinics ultrasound 'EASE BACK 'EASE BACK using contact determine women's health card' directing card' directing details provided their eligibility appointment to service women to phone them to phone in awareness determine initial raising and provide the study the study administrator administrator study info eligibility approaches Methods 2 and 3: Research midwife or research nurse telephones potentially eligible women for full eligibility checking and to see if they are interested in participating. Methods 4 to 6: Women telephone EASE BACK study administrator and a brief, initial eligibility check is completed over the telephone. Research midwife or research nurse then telephones interested, potentially suitable women for further eligibility checking and to see if they are willing to participate. Ineligible/ non-Potentially eligible women are all posted a study letter and information leaflet and directed to the study consent: website for further information. Signpost to normal care Face-to-face appointment booked with a research midwife or research nurse at a choice of either an EASE BACK research clinic (at UHNS or Children's Centres) or at participants home for final eligibility check, written consent and baseline assessments. Eligible and provide consent: Remote randomisation via telephone to 1 of 3 treatment groups Usual Care (UC): Posted pack of written UC & true acupuncture: Posted pack UC & non-penetrating acupuncture: Posted advice and information, with information of written advice and information, plus pack of written advice and information, plus a a course of true acupuncture. Usual on how to access physiotherapy if felt course of non-penetrating acupuncture. Usual care and acupuncture delivered by needed by both woman and her midwife. care and sham acupuncture delivered by physiotherapists as per EASE BACK Where accessed, physiotherapy usual physiotherapists as per EASE BACK protocols. care as per EASE BACK protocol. protocols. Postal follow up questionnaire at 8 weeks post randomisation Responders: Completed questionnaire returned to research centre at Keele Non-responders: Reminder questionnaire at 10 weeks post randomisation University Response logged and data entered onto database Response logged and data Non-responders: Minimal data telephone call at 12 weeks post randomisation entered onto database EASE BACK pilot trial_study flow diagram_v3.0, 20/03/2013_REC ref: 13/WM/0021