

## NKR 30 PICO 3 specifik øvelsesterapi

### Review information

#### Authors

Sundhedsstyrelsen<sup>1</sup>

<sup>1</sup>[Empty affiliation]

Citation example: Sundhedsstyrelsen. NKR 30 PICO 3 specifik øvelsesterapi. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

#### Contact person

*[Empty name]*

#### Dates

Assessed as Up-to-date:

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Review First Published: Not specified

Last Citation Issue: Not specified

#### What's new

Date / Event	Description
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**History**

Date / Event	Description

**Characteristics of studies**

**Characteristics of included studies**

*Albert 2012*

<b>Methods</b>	
<b>Participants</b>	
<b>Interventions</b>	
<b>Outcomes</b>	
<b>Notes</b>	

**Risk of bias table**

<b>Bias</b>	<b>Authors' judgement</b>	<b>Support for judgement</b>
Random sequence generation (selection bias)	Unclear risk	
Allocation concealment (selection bias)	Unclear risk	
Blinding of participants and personnel (performance bias)	Unclear risk	
Blinding of outcome assessment (detection bias)	Unclear risk	
Incomplete outcome data (attrition bias)	Unclear risk	
Selective reporting (reporting bias)	Unclear risk	
Other bias	Unclear risk	

**Bakhtyari 2005**

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**Huber 2011**

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*Luijsterburg 2008*

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***Paatelma 2008***

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***Ye 2015***

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*Footnotes*

**Characteristics of excluded studies**

*Footnotes*

## **Characteristics of studies awaiting classification**

*Footnotes*

## **Characteristics of ongoing studies**

*Footnotes*

## **Summary of findings tables**

## **Additional tables**

## **References to studies**

### **Included studies**

***Albert 2012***

[Empty]

***Bakhtiyari 2005***

[Empty]

***Huber 2011***

[Empty]

***Luijsterburg 2008***

[Empty]

***Paatelma 2008***

[Empty]

**Ye 2015**

[Empty]

**Excluded studies****Studies awaiting classification****Ongoing studies****Other references****Additional references****Other published versions of this review****Data and analyses****1 Intervention + vanlig behandling vs Vanlig behandling**

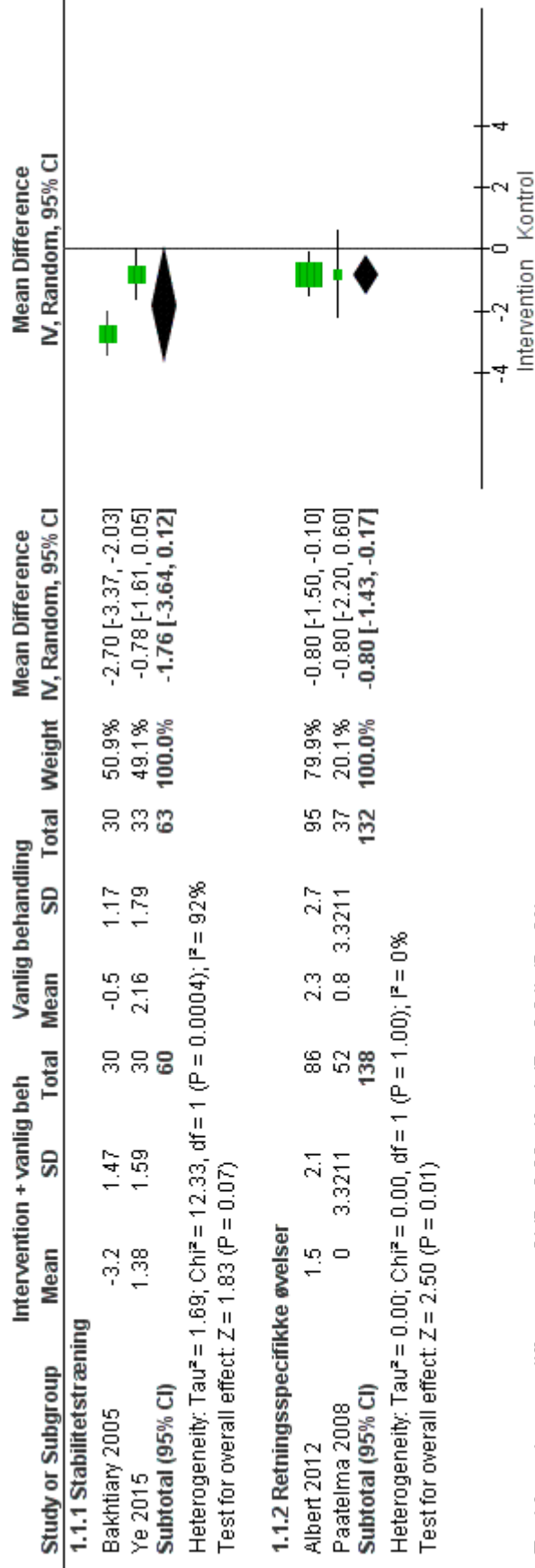
Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Bemserte (op til 12 uger)	4		Mean Difference (IV, Random, 95% CI)	Subtotals only
1.1.1 Stabilitetstræning	2	123	Mean Difference (IV, Random, 95% CI)	-1.76 [-3.64, 0.12]
1.1.2 Retningspecifikke øvelser	2	270	Mean Difference (IV, Random, 95% CI)	-0.80 [-1.43, -0.17]
1.2 Rygsmerter (op til 12 uger)	2		Mean Difference (IV, Random, 95% CI)	Subtotals only
1.2.1 Stabilitetstræning	1	63	Mean Difference (IV, Random, 95% CI)	-0.73 [-1.44, -0.02]
1.2.2 Retningspecifikke øvelser	1	89	Mean Difference (IV, Random, 95% CI)	-0.70 [-2.00, 0.60]
1.3 Funktionsevne (op til 12 uger)	3		Std. Mean Difference (IV, Random, 95% CI)	Subtotals only
1.3.1 Stabilitetstræning	1	63	Std. Mean Difference (IV, Random, 95% CI)	0.04 [-0.46, 0.53]
1.3.2 Retningspecifikke øvelser	2	259	Std. Mean Difference (IV, Random, 95% CI)	-0.05 [-0.29, 0.20]



1.4 Funktionsevne (3-12 md)	3				Std. Mean Difference (IV, Random, 95% CI)	Subtotals only
1.4.1 Stabilitetstræning	1	63			Std. Mean Difference (IV, Random, 95% CI)	-0.82 [-1.34, -0.30]
1.4.2 Retningspecifikke øvelser	2	259			Std. Mean Difference (IV, Random, 95% CI)	-0.18 [-0.59, 0.23]
1.5 Arbejdsevne, dage sygemeldt (op til 12 md)	1				Mean Difference (IV, Random, 95% CI)	Subtotals only
1.5.1 Stabilitetstræning	0	0			Mean Difference (IV, Random, 95% CI)	Not estimable
1.5.2 Retningspecifikke øvelser	1	62			Mean Difference (IV, Random, 95% CI)	-34.00 [-80.47, 12.47]
1.6 Smertehåndtering	0	0			Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.7 Neurologiske udfald, kort tid	2				Risk Difference (IV, Random, 95% CI)	Subtotals only
1.7.1 Stabilitetstræning	1	63			Risk Difference (IV, Random, 95% CI)	0.00 [-0.06, 0.06]
1.7.2 Retningspecifikke øvelser	1	181			Risk Difference (IV, Random, 95% CI)	-0.04 [-0.09, 0.01]
1.8 Drop out, kort tid	3				Risk Difference (IV, Random, 95% CI)	Subtotals only
1.8.1 Stabilitetstræning	1	63			Risk Difference (IV, Random, 95% CI)	0.00 [-0.06, 0.06]
1.8.2 Retningspecifikke øvelser	2	270			Risk Difference (IV, Random, 95% CI)	-0.07 [-0.13, -0.01]
1.9 Lumbal operation	3				Risk Difference (IV, Random, 95% CI)	Subtotals only
1.9.1 Stabilitetstræning	1	63			Risk Difference (IV, Random, 95% CI)	0.00 [-0.06, 0.06]
1.9.2 Retningspecifikke øvelser	2	270			Risk Difference (IV, Random, 95% CI)	-0.00 [-0.09, 0.08]
1.10 back to work, (12 week)	0				Risk Ratio (IV, Fixed, 95% CI)	No totals

## Figures

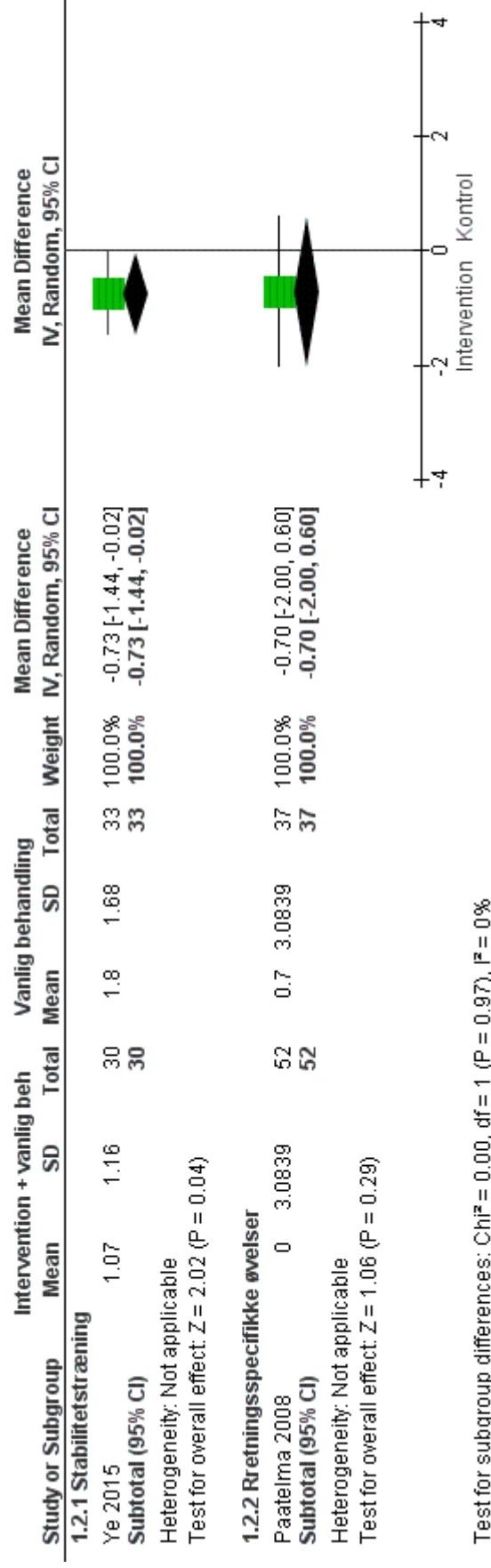
**Figure 1 (Analysis 1.1)**



Test for subgroup differences: Chi<sup>2</sup> = 0.89, df = 1 (P = 0.34), I<sup>2</sup> = 0%

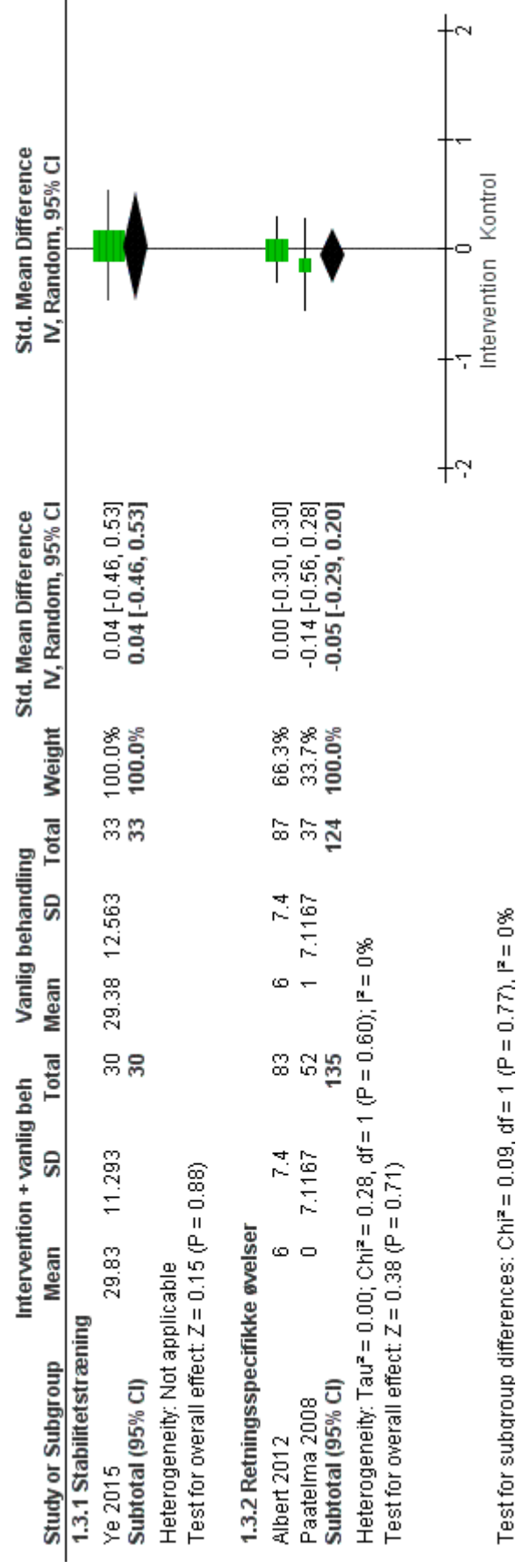
Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.1 Bemserte (op til 12 uger).

**Figure 2 (Analysis 1.2)**



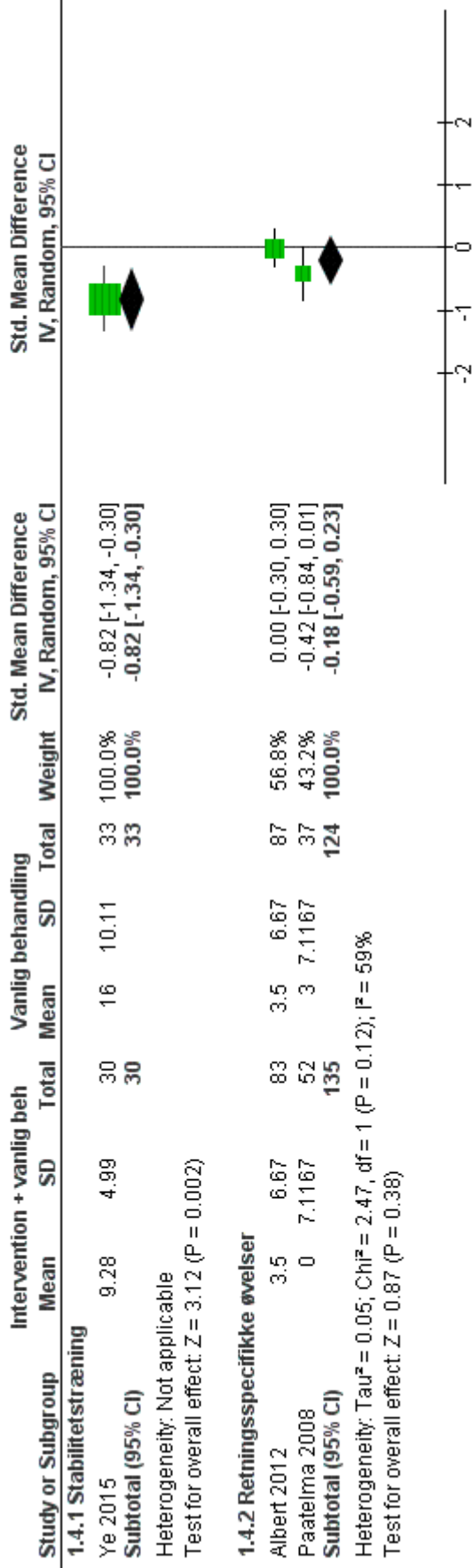
Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.2 Rygsmerter (op til 12 uger).

**Figure 3 (Analysis 1.3)**



Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.3 Funktionsevne (op til 12 uger).

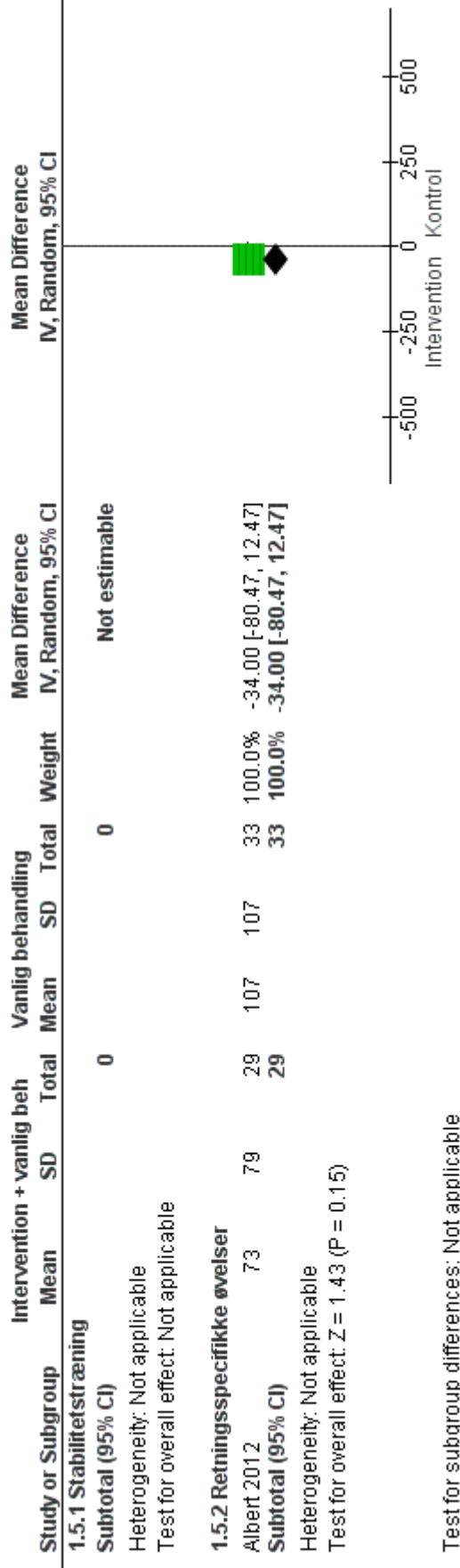
**Figure 4 (Analysis 1.4)**



Test for subgroup differences: Chi<sup>2</sup> = 3.65, df = 1 (P = 0.06), I<sup>2</sup> = 72.6%

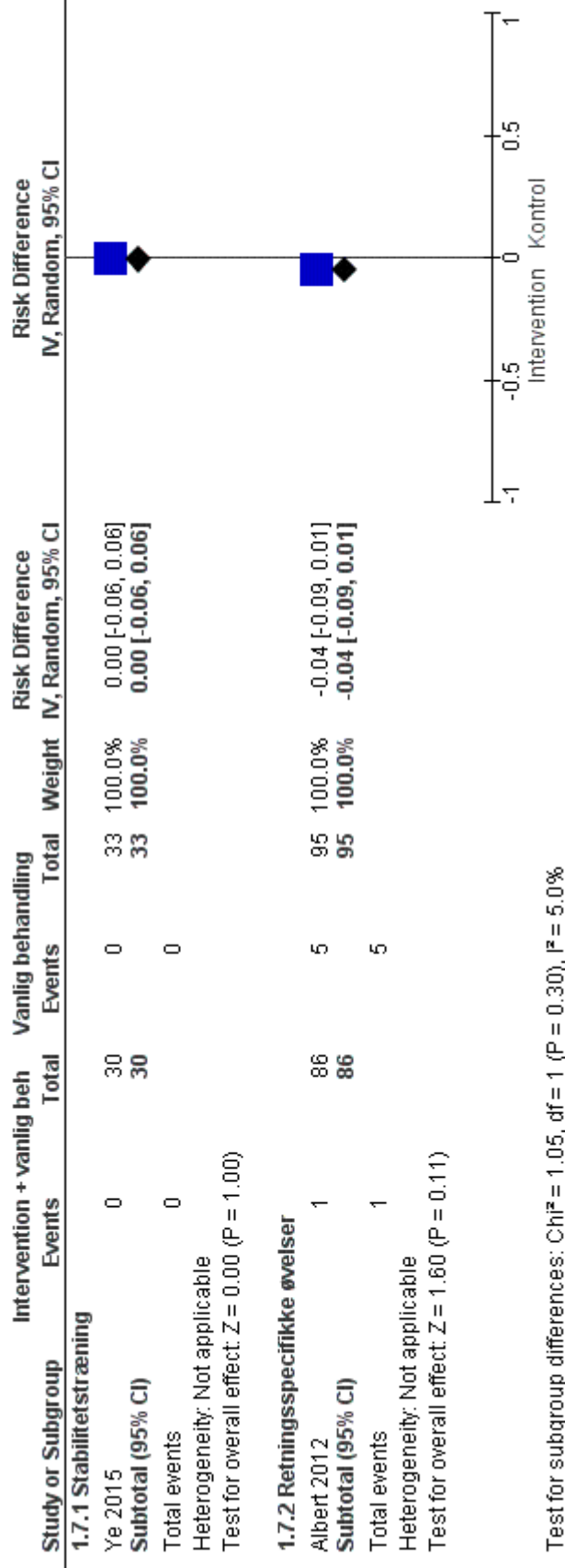
Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.4 Funktionsevne (3-12 md).

**Figure 5 (Analysis 1.5)**



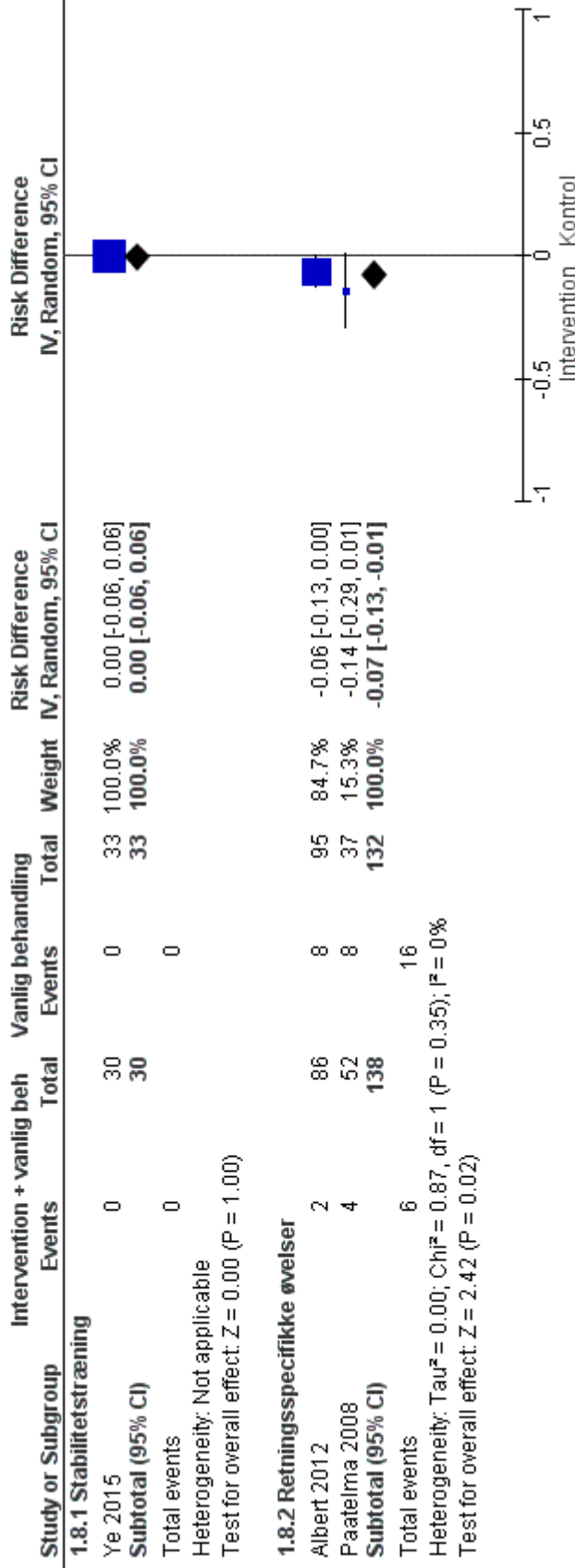
Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.5 Arbejdsevne, dage sygemeldt (op til 12 md).

Figure 6 (Analysis 1.7)



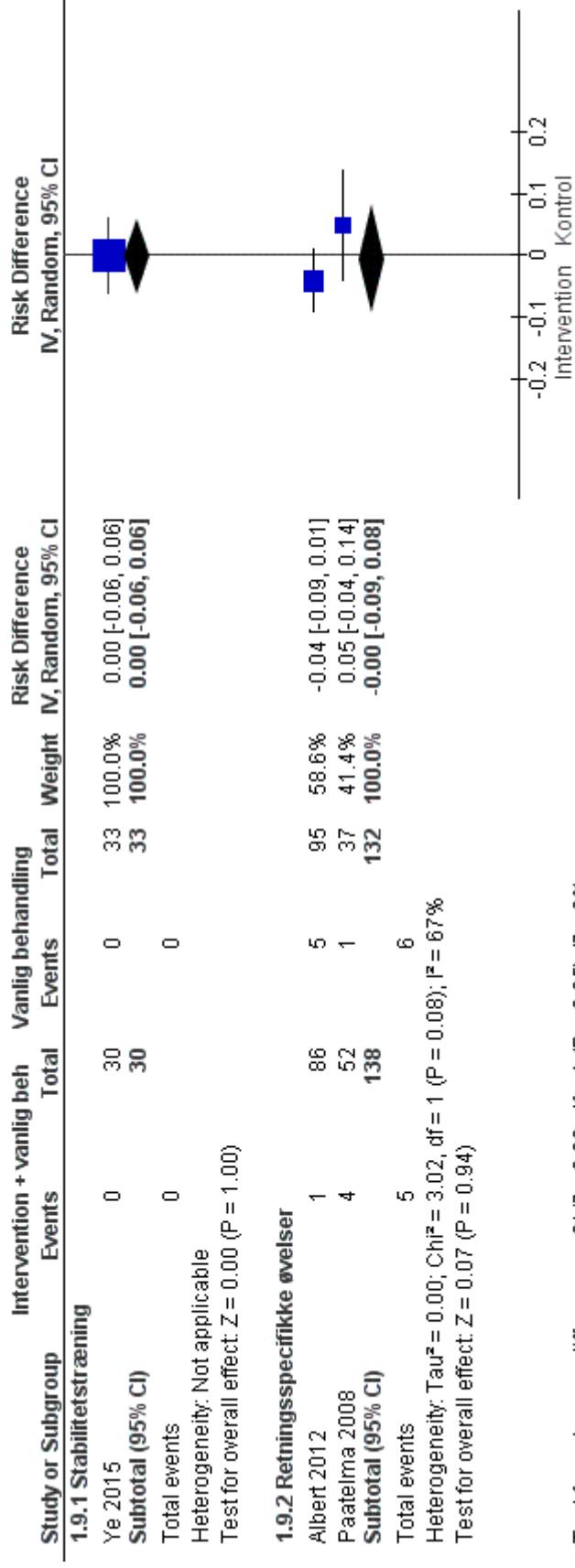
Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.7 Neurologiske udfald, kort tid.

**Figure 7 (Analysis 1.8)**



Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.8 Drop out, kort tid.

**Figure 8 (Analysis 1.9)**



Forest plot of comparison: 1 Intervention + vanlig behandling vs Vanlig behandling, outcome: 1.9 Lumbal operation.