Included trial characteristics and references
| Lear author | Year  | Title                                                                 | Primary outcome(s)                                                                                                                                                                                                 | Sample size |
|------------|-------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Ackerman   | 2008  | Pain relief with intraosseous or medial branch nerve blocks in patients with positive lumbar facet joint SPECT imaging: A 12-week outcome study | Numeric Rating Scale for Pain (NRS)                                                                                                                                                                                                                                     | 46          |
| Agrifoglio | 1994  | Acetaminophen: A new NSAID in the treatment of acute lumbar pain. Multicentre single blind study vs diclofenac                                                                                     | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                  | 90          |
| Ahmad      | 2009  | Evaluation of the effects of shortwave diathermy in patients with chronic low back pain                                                                                                          | Lattimer’s test score                                                                                                                                                                                                                                                     | 97          |
| Altarbi    | 2008  | The effect of motor control exercise versus general exercise on lumbar local stabilising muscles thickness. Randomized controlled trial of patients with chronic low back pain | Muscle thickness measurement                                                                                                                                                                                                                                               | 49          |
| Alaranta   | 1994  | Intensive physical and psychosocial training program for patients with chronic low back pain. A controlled clinical trial                                                                 | Million Visual Analogue Scale (MVAS)                                                                                                                                                                                                                                     | 378         |
| Albaldasjo | 2010  | The efficacy of a short education program and a short physiotherapy program for treating low back pain in primary care: a cluster randomized trial | Roland-Morris Disability Questionnaire (RMDQ)                                                                                                                                                                                                                              | 348         |
| Allan      | 2005  | Transdermal fentanyl versus sustained release oral morphine in strong-opioid naive patients with chronic low back pain                                                                            | VAS-P 100mm, constipation (bowel function assessment)                                                                                                                                                                                                                     | 680         |
| Altmaier   | 1992  | The effectiveness of psychological interventions for the rehabilitation of low back pain: a randomized controlled trial evaluation                                                                  | Low back pain rating scale (LBPRRS)                                                                                                                                                                                                                                     | 45          |
| Amrhe      | 1987  | Treatment of acute low-back pain with prolocaum: results of a double-blind placebo-controlled trial                                                                                              | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 286         |
| Andersson  | 1999  | A comparison of osteopathic spinal manipulation with standard care for patients with low back pain                                                                                               | Roland-Morris Disability Questionnaire (RMDQ)                                                                                                                                                                                                                              | 155         |
| Anema      | 2007  | Multidisciplinary rehabilitation for subacute low back pain: graded activity or workplace intervention or both? A randomized controlled trial | Roland-Morris Disability Questionnaire (RMDQ)                                                                                                                                                                                                                              | 288         |
| Attanayake | 2010  | Clinical evaluation of selected yogic procedures in individuals with low back pain                                                                                                               | Numeric Rating Scale for Pain (NRS)                                                                                                                                                                                                                                     | 12          |
| Aure       | 2003  | Manual therapy and exercise therapy in patients with chronic low back pain: a randomized, controlled trial with 1 year follow-up                                                                 | VAS, ODI; Dartmouth COOP; return to work status.                                                                                                                                                                                                                           | 49          |
| Balash     | 1994  | Treatment of acute lumbosacral back pain with diclofenac-rectal: results of a double-blind trial versus prolocaum.                                                                                | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 132         |
| Balogh     | 2005  | Effectiveness of balneotherapy in chronic low back pain – a randomized single-blind controlled follow-up study                                                                               | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 56          |
| Banwarth   | 2005  | A randomized, double-blind, placebo controlled triphosphate in study of trial adenosine subacute low back pain                                                                                  | Roland-Morris Disability Questionnaire (RMDQ)                                                                                                                                                                                                                              | 161         |
| Baratta    | 1982  | A double-blind study of cyclobenzaprine and placebo in the treatment of acute musculoskeletal conditions of the low back                                                                        | Presence of muscle spasm (palpation)                                                                                                                                                                                                                                    | 117         |
| Badford    | 1999  | Laser therapy: a randomized, controlled trial of the effects of low-intensity hTAC laser irradiation on musculoskeletal back pain                                                               | Perception of benefit, Oswestry Disability Index (ODI), lumbar mobility (Schober’s test)                                                                                                                                                                                     | 66          |
| Basler     | 1997  | Incorporation of cognitive-behavioral treatment into the medical care of chronic low back patients: a controlled randomized study in German pain treatment centers | Pain diary (pain intensity, control over pain NRS 0-10, intake of pain medication)                                                                                                                                                                                            | 75          |
| Becker     | 2008  | Effects of two guideline implementation strategies on patient outcomes in primary care: a cluster randomized controlled trial                                                                 | The Hannover Functional Ability Questionnaire is a 12-item self-administered questionnaire                                                                                                                                                                                        | 1261        |
| Bekker     | 2005  | Implementation of clinical guidelines on physical therapy for patients with low back pain: Randomized trial comparing patient outcomes after a standard and active implementation strategy | Quebec back pain disability scale (QBPSD)                                                                                                                                                                                                                               | 476         |
| Ballo      | 2010  | Hot hydrotherapy versus land-based exercises in the management of chronic low back pain: A comparative study                                                                                     | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 12          |
| Bandix     | 1997  | Comparison of three intensive programs for chronic low back pain patients: a prospective, randomized, observer-blinded study with one-year follow-up | Work-ready rate                                                                                                                                                                                                                                                         | 109         |
| Bandix     | 1995  | Active treatment programs for patients with chronic low back pain: a prospective, randomized, observer-blinded study                                                                            | Return-to-work rate                                                                                                                                                                                                                                                      | 106         |
| Ben/SalahR-R | 2009 | Efficacy and treatment compliance of a home-based rehabilitation programme for chronic low back pain: a randomized, controlled study                                                                 | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 107         |
| Bentsen    | 1997  | The effect of dynamic strength back exercise and/or a home training program in 57-year-old women with chronic low back pain. Results of a prospective randomized study with a 3-year follow-up period | The Nordic questionnaire                                                                                                                                                                                                                                                     | 74          |
| Bertalainy | 2005  | Transcutaneous electrical nerve stimulation reduces acute low back pain during emergency transport                                                                                               | Pain and anxiety (VAS)                                                                                                                                                                                                                                                     | 63          |
| Barwick    | 1989  | No clinical effect of back schools in an HMD. A randomized prospective trial                                                                                                                     | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 222         |
| Burskens   | 1995  | Efficacy of traction for non-specific low back pain: a randomized clinical trial                                                                                                               | Global perception of perceived effect (7-point scale (TQ2)), severity of main complaints (VAS)                                                                                                                                                                                   | 151         |
| Bialsky    | 2009  | Spinal manipulative therapy has an immediate effect on thermal pain sensitivity in people with low back pain: a randomized controlled trial | Numeric Rating Scale for Pain (NRS)                                                                                                                                                                                                                                     | 36          |
| Bicaho     | 2010  | Immediate effects of a high-velocity spine manipulation in paraspinal muscles activity of non-specific chronic low back pain subjects                                                                 | EMS instrumentation                                                                                                                                                                                                                                                      | 40          |
| Birbara    | 2003  | Treatment of chronic low back pain with etoricoxib, a new cyclo-oxygenase-2 selective inhibitor: improvement in pain and disability—a randomized, placebo-controlled, 3-month trial | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 212         |
| Birkenmaier| 2007  | Medical branch blocks versus pericapsular blocks in selecting patients for percutaneous cryodestruction of lumbar facet joints                                                                 | Visual Analogue Scale for Pain (VAS-P)                                                                                                                                                                                                                                   | 26          |
| Bishop     | 2010  | The Chiropractic Hospital-based Interventions Research Outcomes (CHIRO) study: a randomized controlled trial on the effectiveness of clinical practice guidelines in the medical and chiropractic management of patients with acute mechanical low back pain | Roland-Morris Disability Questionnaire (RMDQ)                                                                                                                                                                                                                              | 72          |
Blomberg 1994 Manual therapy with steroid injections—a new approach to treatment of low back pain. A controlled multicenter trial with an evaluation by orthopedic surgeons Quality of life VAS measurements for 24 variables 98
Blomberg 1992 A controlled, multicentre trial of manual therapy in low-back pain. Initial status, sick-leave and pain score during follow-up Sick leave 101
Borman 2003 The efficacy of lumbar traction in the management of patients with low back pain. Transition Question (TQ) 48
Brennan 2006 Identifying subgroups of patients with acute/subacute "nonspecific" low back pain: results of a randomized clinical trial Oswestry Disability Index (ODI) 123
Bruce 2004 The impact of a moderated e-mail discussion group on use of complementary and alternative therapies in subjects with recurrent back pain Complementary/alternative medicine use 421
Bruehl 2007 Trait Anger Expressiveness and Pain-Induced Beta-Endorphin Release: Support for the Opioid Dysfunction Hypothesis Anger management style 27
Bruehl 2008 Anger Management Style and Emotional Reactivity to Noxious Stimuli Among Chronic Pain Patients and Healthy Controls. The Role of Endogenous Opioids Anger management style 125
Brinkhaus 2006 Acupuncture in patients with chronic low back pain: a randomized controlled trial Visual Analogue Scale for Pain (VAS-P) 284
Bronfort 1996 Trunk exercise combined with spinal manipulative or NSAID therapy for chronic low back pain: a randomized, observer-blinded clinical trial Patient related low back pain (ordinal 11-box scale (NRS)), disability (RMDQ), functional status (Dartmouth primary care cooperative information project (COOP)) at 5 and 11 weeks 148
Brown 1996 Comparison of diffusional and acetaminophen with codeine in the treatment of initial or recurrent acute low back strain Graded scale for pain and disability 40
Buerger 1980 A controlled trial of rotational manipulation in low back pain. Patient's impression of treatment effect (TQ) 53
Burton 1999 Information and Advice to Patients With Back Pain Can Have a Positive Effect FABQ 126
Bush 1985 A controlled evaluation of paraspinal EMG biofeedback in the treatment of chronic low back pain Pain (daily low back pain record (1-10 point scale) duration in waking hours and resultant incapacity (1-5 point scale)) 66
Cairns 2006 Randomized controlled trial of specific spinal stabilization exercises and conventional physiotherapy for recurrent low back pain Roland-Morris Disability Questionnaire (RMDQ) 97
Cairns 2003 Level of distress in a recurrent low back pain population referred for physical therapy Roland-Morris Disability Questionnaire (RMDQ) 212
Callaghan 1994 Evaluation of a back rehabilitation group of chronic back pain in an outpatient setting Lumbar movements (fluid goniometer) 80
Camm 2009 Effectiveness of a lumbar belt in subacute low back pain: an open, multicentric, and randomized clinical study BIFEL scale (French version of the Roland-Morris scales) 190
Carr 2005 A randomized trial comparing a group exercise programme for back pain patients with individual physiotherapy in a severely deprived area Roland-Morris Disability Questionnaire (RMDQ) 203
Cecchi 2010 Spinal manipulation compared with back school and with individually delivered physiotherapy for the treatment of chronic low back pain Roland-Morris Disability Questionnaire (RMDQ) 205
Chan 2011 Aerobic exercise training in addition to conventional physiotherapy for chronic low back pain: a randomized controlled trial VAS-P, Aberdeen low back pain disability questionnaire 43
Chang 2008 Effects of prions/cam-beta-cyclodextrin sachets on abnormal postural sway in patients with chronic low back pain Visual Analogue Scale for Pain (VAS-P) 42
Chatchawanan 2005 Effectiveness of traditional Thai massage versus Swedish massage among patients with back pain associated with myofascial trigger points Visual Analogue Scale for Pain (VAS-P) 178
Chatzitheodorou 2008 The effect of exercise on adrenocortical responsiveness of patients with chronic low back pain, controlled for psychological strain McGill Pain Questionnaire 61
Cheing 1999 Transcutaneous Electrical Nerve Stimulation: Nonparallel/Noninvasive Effects on Chronic Clinical Pain and Acute/Experimental Pain Visual Analogue Scale for Pain (VAS-P) 30
Cherkin 1996 Pitfalls of Patient Education: Limited Success of a Program for Back Pain in Primary Care Perceived knowledge (5-point scale), Worry (0-10 point scale), Symptoms (0-10 point scale - bothersomeness of pain), Control (5-point likert), Evaluation of care (0-100 point scale), Exercise (days per week, duration of sessions), Function (RMDQ), Disability (National Health Interview Surveys), health care use 201
Cherkin 1998 A Comparison of Physical Therapy, Chiropractic Manipulation, and Provision of an Educational Booklet for the Treatment of Patients with Low Back Pain Bothersomeness during preceding 24 hours 11-point scale 321
Cherkin 2001 Randomized trial comparing traditional Chinese medical acupuncture, therapeutic massage, and self-care education for chronic low back pain Bothersomeness of symptoms (0-10 point scale), RMDQ 250
Cherkin 2009 A randomized trial comparing acupuncture, simulated acupuncture, and usual care for chronic low back pain Roland-Morris Disability Questionnaire (RMDQ) 606
Chenkin 2011 A comparison of the effects of 2 types of massage and usual care on chronic low back pain: a randomized, controlled trial Roland-Morris Disability Questionnaire (RMDQ), Numering Rating Scale (NRS) 380
Childs 2004 A clinical prediction rule to identify patients with low back pain most likely to benefit from spinal manipulation: a validation study Oswestry Disability Index (ODI) 125
Chiradejnant 2004 Efficacy of "therapist-selected" versus "randomly selected" mobilisation techniques for the treatment of low back pain: a randomised controlled trial Visual Analogue Scale for Pain (VAS-P) 140
Chiu 2011 The efficacy and safety of intramuscular injections of methylcobalamin in patients with chronic nonspecific low back pain: a randomised controlled trial Oswestry Disability Index (ODI) 58
Chok 1999 Endurance training of the trunk extensor musculature in people with subacute low back pain VAS-P, pain rating index of the McGill pain questionnaire 54
Chow 2008 A prospective study of patients with chronic back pain randomised to group exercise, physiotherapy or osteopathy Oswestry Disability Index (ODI) 98
Chrubasik 2001 Treatment of low back pain with a herbal or synthetic anti-rheumatic Modified Arthus index (mAI) 62
| Lastname | Year | Title | Journal |
|----------|------|-------|---------|
| Cleland | 2009 | Comparison of the effectiveness of three manual physical therapy techniques in a subgroup of patients with low back pain who satisfy a clinical prediction rule: a randomized clinical trial | Oswestry Disability Index (ODI) 108 |
| Coats | 2004 | Effects of valdecoxib in the treatment of chronic low back pain: results of a randomized, placebo-controlled trial | Visual Analogue Scale for Pain (VAS-P) 249 |
| Costa | 2009 | Motor control exercise for chronic low back pain: a randomized placebo-controlled trial | Numeric Rating Scale (NRS) 154 |
| Cramer | 1993 | The Hmax/Mmax ratio as an outcome measure for acute low back pain | Hmax/Mmax 36 |
| Cuesta-Vargas | 2011 | Exercise, manual therapy, and education with or without high-intensity deep-water running for nonspecific chronic low back pain: a pragmatic randomized controlled trial | Visual Analogue Scale for Pain (VAS-P) 46 |
| Damush | 2003 | The long-term effects of a self-management program for inner-city primary care patients with acute low back pain | Functional status (Arthritis impact measurement scales (AIMS2), RMDQ) 211 |
| Dapa | 1985 | Back pain for the treatment of acute low-back syndrome. A double-blind comparison with placebo | Local pain in lumber area 195 |
| Dauch | 1999 | A randomized, double-blind, placebo-controlled trial of sclerosing injections in patients with chronic low back pain | McGill pain questionnaire (short-form) 74 |
| Defrin | 2005 | Conservative correction of leg-length discrepancies of 10mm or less for the relief of chronic low back pain | Visual Analogue Scale for Pain (VAS-P) 33 |
| Demirel | 2008 | Effects of balmotherapy with exercise in patients with low back pain | Oswestry Disability Index (ODI) 44 |
| Demolin | 2010 | Effectiveness of a semi-intensive multidisciplinary outpatient rehabilitation program in chronic low back pain | Visual Analogue Scale for Pain (VAS-P) 160 |
| Descarreaux | 2002 | Evaluation of a specific home exercise program for low back pain | Visual Analogue Scale for Pain (VAS-P) 20 |
| Dettori | 1995 | The effects of spinal flexion and extension exercises and their associated postures in patients with acute low back pain? A randomized clinical trial | Roland-Morris Disability Questionnaire (RMDQ) 180 |
| Dayo | 1986 | How many days of bed rest for acute low back pain? A randomized clinical trial | Days of work lost 189 |
| Dayo | 1990 | A controlled trial of transcutaneous electrical nerve stimulation (TENS) and exercise for chronic low back pain | Pain NRS, VAS-P 125 |
| DiazArribas | 2009 | Effectiveness of the physical therapy Godelive Denys-Struyf method for nonspecific low back pain: primary care randomized control trial | Visual Analogue Scale for Pain (VAS-P) 126 |
| DiCesare | 2011 | Comparison between the effects of trigger point mesotherapy versus acupuncture points mesotherapy in the treatment of chronic low back pain: a short term randomized controlled trial | VAS-P, VRS (Vermab rating scale) 61 |
| Dijas | 2005 | The role of lumbar spine radiography in the outcomes of patients with simple acute low back pain | Roland-Morris Disability Questionnaire (RMDQ) 76 |
| Dijavid | 2007 | In chronic low back pain, low level laser therapy combined with exercise is more beneficial than exercise alone in the long term: a randomized trial | Visual Analogue Scale for Pain (VAS-P) 53 |
| Donchlin | 1990 | Secondary prevention of low-back pain. A clinical trial | Low back pain episodes in year following treatment (Painful months in the 1-year period following treatment) 142 |
| Donzelli | 2006 | Two different techniques in the rehabilitation treatment of low back pain: a randomized controlled trial | Oswestry Disability Index (ODI) 43 |
| Dreiser | 2003 | Relief of acute low back pain with diclofenac-K 12.5 mg tablets: a flexible dose, lornoprofen 200 mg and placebo-controlled clinical trial | End of study global assessment (5-point) (TQ) 356 |
| Dufour | 2010 | Treatment of chronic low back pain: a randomized, clinical trial comparing group-based multidisciplinary biopsychosocial rehabilitation and intensive individual therapist-assisted back muscle strengthening exercises | Visual Analogue Scale for Pain (VAS-P) 272 |
| Dundar | 2009 | Clinical effectiveness of aquatic exercise to treat chronic low back pain: a randomized controlled trial | Spinal mobility (Schober test) 65 |
| Durmus | 2009 | Effects of electrical stimulation program on trunk muscle strength, functional capacity, quality of life, and depression in the patients with low back pain: a randomized controlled study | Muscle strength (Baseline Push-Pull Dyna-) 43 |
| Durmus | 2010 | Effects of therapeutic ultrasound on pain, disability, walking performance, quality of life, and depression in patients with chronic low back pain: A randomized, placebo controlled trial | Visual Analogue Scale for Pain (VAS-P) 42 |
| Durmus | 2010 | Effects of therapeutic ultrasound and electrical stimulation program on pain, trunk muscle strength, disability, walking performance, quality of life, and depression in patients with low back pain: a randomized-controlled trial | Visual Analogue Scale for Pain (VAS-P) 59 |
| Einagar | 1991 | Effects of spinal flexion and extension exercises on low-back pain and spinal mobility in chronic mechanical low-back pain patients | McGill Pain questionnaire 56 |
| Engbert | 2011 | The effects of therapeutic climbing in patients with chronic low back pain: a randomized controlled study | SF-36 (physical and mental) 23 |
| Ergin | 2010 | The efficacy, safety, and pharmacokinetics of intramuscular and oral tramadol in patients with low back pain in an emergency department | Visual Analogue Scale for Pain (VAS-P) 72 |
| Estander | 1991 | Effects and follow-up of a multimodal treatment program including intensive physical training for low back pain patients | Spinal mobility 65 |
| Ewert | 2009 | The comparative effectiveness of a multimodal program versus exercise alone for the secondary prevention of chronic low back pain and disability | German version of the WHYMPI (multidimensional pain inventory, or MPI-D) 183 |
| Fairbank | 2005 | Randomised controlled trial to compare surgical stabilisation of the lumbar spine with an intensive rehabilitation programme for patients with chronic low back pain: the MRC spine stabilisation trial | Oswestry Disability Index (ODI), the shuttle walking test (speed and endurance) 321 |
| Farhadi | 2009 | The effectiveness of web-cupping for nonspecific low back pain in Iran: a randomized controlled trial | McGill Pain Questionnaire 98 |
| Fernia | 2007 | Comparison of general exercise, motor control exercise and spinal manipulative therapy for chronic low back pain: A randomized trial | Patient-Specific Functional Scale 224 |
| Fernia | 2009 | Relationship between spinal stiffness and outcome in patients with chronic low back pain | Global perceived effect (GPE (TQ)) 191 |
| Field | 2007 | Lower back pain and sleep disturbance are reduced following massage therapy | VITAS (VAS) 30 |
Flore 2011 Short-term effects of high-intensity laser therapy versus ultrasound therapy in the treatment of low back pain: a randomized controlled trial Visual Analogue Scale for Pain (VAS-P) 30

Fonseca 2009 Laboratory gait analysis in patients with low back pain before and after a plates intervention Vertical ground-reaction force (VGRF) 28

Franca 2010 Segmental stabilization and muscular strengthening in chronic low back pain: a comparative study Visual Analogue Scale for Pain (VAS-P) 30

Frenk 2003 Topical treatment of chronic low back pain with a capiscum plaster Airthus low back pain rating scale, reduction in pain (11-point likert) 319

Friedrich 2009 Long-term effects of a combined exercise and motivation program in patients with chronic low back pain: A five-year follow-up Disability low back outcome scale questionnaire developed by Greenough and Fras 74

Friedrich 2005 Long-term effect of a combined exercise and motivational program on the level of disability of patients with chronic low back pain Low Back Outcome Score (LBOS), Pain (101 point NRS and pain drawing), working ability 74

Fritzell 2001 Lumbar fusion versus non-surgical treatment for chronic low back pain. A multicenter randomized controlled trial from the swedish lumbar spine study Visual Analogue Scale for Pain (VAS-P), Roland Disability Questionnaire (RMDQ), Von Korff Chronic Pain Grade; Hanover spine society lumbar spine outcome assessment instrument) 289

Frost 2004 Randomised controlled trial of physiotherapy compared with advice for low back pain. Oswestry Disability Index (ODI) 200

Frost 1995 Randomised controlled trial for evaluation of fitness programme for patients with chronic low back pain Oswestry Disability Index (ODI) 71

Fuchs 2005 Intrathecal hyaluronic acid versus glucocorticoid injections for nonradicular pain in the lumbar spine Visual Analogue Scale for Pain (VAS-P) 60

Garvey 1989 Treatment- and cost-effectiveness of early intervention for acute low back pain patients: a one-year prospective study Numeric Rating Scale for Pain (NRS) 63

Gatchel 2003 A randomized, controlled trial of manual therapy and specific adjuntive exercise for chronic low back pain Characteristic Pain Inventory 70

Geiser 2005 A randomized, controlled trial of acupuncture or spinal manipulative therapy, or both, in the treatment of chronic low back pain Visual Analogue Scale for Pain (VAS-P), Numeric Rating Scale for Pain (NRS) 100

George 2003 The effect of a fear-avoidance-based physical therapy intervention for patients with acute low back pain: results of a randomized clinical trial Oswestry Disability Index (ODI) 86

George 2006 Six differences in predictors of outcome in selected physical therapy interventions for acute low back pain Numeric Rating Scale for Pain (NRS) 165

George 2005 Distinguishing patient satisfaction with treatment delivery from treatment effect: A preliminary investigation of patient satisfaction with symptoms after physical therapy treatment of low back pain Patient satisfaction NASS outcome assessment (3 items from the north american spine society patient outcome assessment instrument) 58

Gibson 1985 Controlled comparison of short-wave diathermy treatment with osteopathic treatment in non-specific low back pain Clinical examination (including XR) 101

Gilbert 2004 Low Back Pain: Influence of Early MRI Imaging or CT on Treatment and Outcome Multicenter Randomized-Dualblind Trial Aberdeen Low Back Disability Scale (LBDDS) 648

Gladwell 2006 Does a program of Pilates improve chronic non-specific low back pain? Roland Disability Questionnaire (RMDQ) 34

Glazov 2009 Laser acupuncture for chronic non-specific low back pain: a controlled clinical trial Visual Analogue Scale for Pain (VAS-P) 90

Goehner 2006 Preventing chronic back pain: evaluation of a theory-based cognitive-behavioural training programme for patients with subacute back pain Likert scale for self-efficacy 47

Goldby 2006 A randomized controlled trial investigating the efficiency of musculokeletal physiotherapy on chronic low back disorder Numeric Rating Scale for Pain (NRS) 200

Goldstein 2002 The impact of treatment confidence on pain and related disability among patients with low-back pain: results from the University of California, Los Angeles, low-back pain study Treatment confidence (10-point) 650

Grant 1999 A randomized comparative trial of acupuncture versus transcutaneous electrical nerve stimulation for chronic back pain in the elderly Visual Analogue Scale for Pain (VAS-P) 118

Gudavalli 2006 A randomized clinical trial and subgroup analysis to compare flexion-distraction with active exercise for chronic low back pain Visual Analogue Scale for Pain (VAS-P), SF-36 235

Gun 1980 Dry needling of muscle motor points for chronic low-back pain: a randomized clinical trial with long-term follow-up Status at discharge (pain and work status - 4-point scale) 56

Gur 2003 Efficacy of low power laser therapy and exercise on pain and functions in chronic low back pain Visual Analogue Scale for Pain (VAS-P), Von Korff Chronic Pain Grade; Hanover functional ability questionnaire 75

Guthrie 2011 The Effect of Traditional Bridging or Suspension Exercise Bridging on Lateral Abdominal Thickness in individuals with Low Back Pain Muscle thickness of external oblique, internal oblique and transversus abdominis 51

Haake 2007 German Acupuncture Trials (GERAC) for chronic low back pain: randomised, multicenter, blinded, parallel-group trial with 3 groups von Korff Chronic Pain Grade; Hanover Functional Ability Questionnaire 1117

Haas 2005 Chronic disease self-management program for low back pain in the elderly Modified Von Korff pain and disability scales (MVK) 101

Hackett 1988 Electroacupuncture compared with paracetamol for acute low back pain Visual Analogue Scale for Pain (VAS-P) 37

Hadding 1987 A benefit of spinal manipulation as adjunctive therapy for acute low back pain: a stratified controlled trial Roland-Morris Disability Questionnaire (RMDQ) 54

Hagan 2010 Adding a physical exercise programme to brief intervention for low back pain patients did not increase return to work Visual Analogue Scale for Pain (VAS-P) 246

Hall 2011 Tai chi exercise for treatment of pain and disability in people with persistent low back pain: a randomized controlled trial NRS for bothersomeness 160

Hancock 2007 Assessment of diclofenac or spinal manipulative therapy, or both, in addition to recommended first-line treatment for acute low back pain: a randomised controlled trial Number of days to recovery (measured in pain) 235

Hansen 1993 Intensive, dynamic back-muscle exercises, conventional physiotherapy, or placebo-control treatment of low-back pain. A randomized, observer-blinded trial Changes in pain level (visual interval scale 0-9 (NRS)) 150

Harkapaa 1989 A controlled study on the outcome of inpatient and outpatient treatment of low back pain. Part 1: Pain, disability, compliance, and reported treatment benefits three months after treatment Pain severity (The pain index 4x VAS-P) - in general, in the morning, after work day and in the evening, LBP disability index 459

Harts 2008 A high-intensity lumbar extensor strengthening program is little better than a low-intensity program or a waiting list control group for chronic low back pain: a randomized clinical trial Global Perceived Effect (GPE (TQ)); Roland-Morris Disability Questionnaire (RMDQ) 59
| Name          | Year | Description                                                                                     | Measures                                                                 | Study Duration   |
|---------------|------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------|
| Hartvigsen    | 2005 | Intensive education combined with low tech ergonomic intervention does not prevent low back pain in nurses. | Standardised Nordic questionnaire                                        | 255              |
| Hartvigsen    | 2010 | Supervised and non-supervised Nordic walking in the treatment of chronic low back pain: a single blind randomized clinical trial | Low back pain rating scale (LBPRS)                                     |                  |
| Hasson        | 2004 | A Randomized Clinical Trial of the Treatment Effects of Massage Compared to Relaxation Tape Recordings on Diffuse Long-Term Pain | Self related health (5-point) (TQ), Mental Energy Scale, muscle pain (3 or 4 point response to items for each measure) | 88               |
| Hawk          | 2005 | A randomized investigation of a chiropractic manipulative placebo: a novel design using standardized forces in the delivery of active and control treatments | Pain Disability Index (PDI)                                             | 106              |
| Hay           | 2005 | Comparison of physical treatments versus a brief pain-management programme for back pain in primary care: a randomised clinical trial in physiotherapy practice | Roland-Morris Disability Questionnaire (RMDQ)                           | 319              |
| Hazard        | 2000 | A Controlled Trial of an Educational Pamphlet to Prevent Disability After Occupational Low Back Injury | Disability (percentage not working), last work days                     | 450              |
| Hellwell      | 1987 | Manipulation in low-back pain                                                                 | "Standard Questions" about symptoms                                     | 14               |
| Hemmilia      | 2002 | Long-term effectiveness of bone-setting, light exercise therapy, and physiotherapy for prolonged low back pain: a randomized controlled trial | Oswestry Disability Index (ODI)                                         | 113              |
| Henchoz       | 2010 | Role of physical exercise in low back pain rehabilitation: a randomized controlled trial of a three-month exercise program in patients who have completed multidisciplinary rehabilitation | Oswestry Disability Index (ODI)                                         | 103              |
| Henchoz2      | 2010 | Functional multidisciplinary rehabilitation versus outpatient physiotherapy for non specific low back pain: randomized controlled trial | Oswestry Disability Index (ODI)                                         | 92               |
| Herman        | 1994 | A randomized controlled trial of transcutaneous electrical nerve stimulation (CODETRON) to determine its benefits in a rehabilitation program for acute occupational low back pain | Roland-Morris Disability Questionnaire (RMDQ)                           | 58               |
| Hernandez-Raf | 2001 | Lower back pain is reduced and range of motion increased after massage therapy.                | McGill Pain Questionnaire (MPQ)                                         | 24               |
| Hertzman-Miller | 2002 | Comparing the satisfaction of low back pain patients randomized to receive medical or chiropractic care: results from the UCLA low-back pain study | Satisfaction with treatment provider (10 items)                         | 672              |
| Heymash       | 2006 | The effectiveness of high-intensity versus low-intensity back schools in an occupational setting: a pragmatic randomized controlled trial | Return-to-work                                                          | 299              |
| Hickey        | 1982 | Chronic low back pain: a comparison of diflunisal with paracetamol                              | Subjective and objective evaluation of clinical and physical signs: 0 - 3 scale of severity for LB (NRS), radiating pain, functional disability and Limitation (pain on extension (scale) | 30               |
| Hoehler       | 1981 | Spinal manipulation for low back pain                                                            | Questionnaire measuring pain, improvement in walking, bending, sitting, reaching, and dressing |                  |
| Hoiris        | 2004 | A randomized clinical trial comparing chiropractic adjustments to muscle relaxants for subsacute low back pain | VAS-P, Oswestry Disability Index (ODI), Zung self rating for depression scale, Schober's test | 110              |
| Hondras       | 2009 | A randomized controlled trial comparing 2 types of spinal manipulation and minimal conservative medical care for adults 55 years and older with subsacute or chronic low back pain | Roland-Morris Disability Questionnaire (RMDQ)                           |                  |
| Hosie         | 1993 | The topical NSAID, felbenac, versus oral Ibuprofen: a comparison of efficacy in the treatment of acute lower back injury | Roland-Morris Disability Questionnaire (RMDQ)                           | 213              |
| Hsieh         | 2002 | A randomized controlled clinical trial for low back pain treated by acupuncture and physical therapy: randomized controlled trial | Visual Analogue Scale for Pain (VAS-P)                                 | 184              |
| Hsieh         | 2003 | A randomized controlled clinical trial for low back pain treated by acupuncture and physical therapy | Roland-Morris Disability Questionnaire (RMDQ) (Chinese)                  | 110              |
| Hsieh         | 2004 | A randomized controlled clinical trial for low back pain treated by acupuncture and physical therapy | Short Form McGill pain questionnaire (Chinese)                          | 146              |
| Hsieh         | 2002 | One-Shot Percutaneous Electrical Nerve Stimulation vs. Transcutaneous Electrical Nerve Stimulation for Low Back Pain | Visual Analogue Scale for Pain (VAS-P)                                 | 133              |
| Hurley        | 2005 | A descriptive study of the usage of spinal manipulative therapy techniques within a randomized clinical trial in acute low back pain | Roland-Morris Disability Questionnaire (RMDQ)                           | 146              |
| Hurley        | 2004 | A randomized clinical trial of manipulative therapy and interventional therapy for acute low back pain | Roland-Morris Disability Questionnaire (RMDQ)                           | 194              |
| Hurri         | 1989 | The Swedish back school in chronic low back pain. Part II. Factors predicting the outcome          | Visual Analogue Scale for Pain (VAS-P)                                 | 185              |
| Kurwitz       | 2002 | A randomized trial of medical care with and without physical therapy and chiropractic care with and without physical modalities for patients with low back pain: 6-month follow-up outcomes from the UCLA low back pain study | Average and most severe low back pain intensity (10 point rating scale (NRS)), disability (RMDQ) | 681              |
| Iles           | 2011 | Telephone coaching can increase activity levels for people with non-chronic low back pain: a randomised trial | Patient Specific Functional Scale                                       | 26               |
| Inoue         | 2006 | Relief of low back pain immediately after acupuncture treatment—a randomised, placebo-controlled trial | Visual Analogue Scale for Pain (VAS-P)                                 | 31               |
| Ish            | 2004 | Trigger point acupuncture treatment of chronic low back pain in elderly patients—a blinded RCT  | Visual Analogue Scale for Pain (VAS-P)                                 | 35               |
| Jarvik        | 2003 | Rapid magnetic Resonance imaging vs radiography for patients with low back pain                  | Roland-Morris Disability Questionnaire (RMDQ)                           | 337              |
| Jellena       | 2005 | Should treatment of sub/acute low back pain be aimed at psychosocial prognostic factors? Cluster randomised clinical trial in general practice | Roland-Morris Disability Questionnaire (RMDQ), perceived recovery (seven-point) (TQ), sick leave because of low back pain | 307              |
| Johansson     | 1990 | Exercises for chronic low back pain: a clinical trial                                           | Isokinetic back strength                                                | 27               |
| Johnson       | 2007 | Active exercise, education, and cognitive behavioral therapy for persistent disabling low back pain: a randomized controlled trial | Visual Analogue Scale for Pain (VAS-P)                                 | 223              |
| Jousset       | 2004 | Effects of functional restoration versus 3 hours per week physical therapy: a randomized controlled study | Days of sick leave between end of program and 6 month follow-up         | 82               |
| Ju             | 2001 | (211) A Placebo-Controlled Trial of Rofecoxib in the Treatment of Chronic Low Back Pain          | Visual Analogue Scale for Pain (VAS-P)                                 | 380              |
| Junji         | 2009 | A randomised controlled trial of spinal manipulative therapy in acute low back pain               | 11-point box scale (BS-11) (NRS)                                       | 104              |
| Kankaanpää | 1999 | The efficacy of active rehabilitation in chronic low back pain. Effect on pain intensity, self-experienced disability, and lumbar fatigability | Pain disability index (PDI) | 54 |
| Kapitza | 2010 | First non-contingent respiratory biofeedback placebo versus contingent biofeedback in patients with chronic low back pain: a randomised, controlled, double-blind trial | Relaxation Index (RI) | 42 |
| Katz | 2003 | Efficacy and safety of roceftol in patients with chronic low back pain: results from two 4-week, randomised, placebo-controlled, parallel-group, double-blind trials | Visual Analogue Scale for Pain (VAS-P) | 580 |
| Koel | 1998 | Effectiveness of in-patient rehabilitation for sub-chronic and chronic low back pain by an integrative group treatment program (Swiss Multicentre Study) | Return-to-work | 254 |
| Kaajaks | 1990 | The effect of the back school: a randomized trial. | Visual Analogue Scale for Pain (VAS-P) | 77 |
| Keal | 2001 | Capsicum pain plaster in chronic non-specific low back pain | Arthus Low Back Rating Scale (various dimensions of pain with a VAS, Impairment of movement and disability) | 150 |
| Kell | 2009 | A comparison of two forms of periodized exercise rehabilitation programs in the management of chronic nonspecific low-back pain | Strength Measures | 240 |
| Kell | 2011 | The response of persons with chronic nonspecific low back pain to three different volumes of periodized musculoskeletal rehabilitation | Biering-Sørensen Back Endurance (BSBE) test | 27 |
| Keller | 1997 | Multidisciplinary rehabilitation for chronic back pain in an outpatient setting: a controlled randomized trial | Pain frequency (5-point likert) | 64 |
| Kellner | 1991 | Effects of an exercise program on sick leave due to back pain | Short-term sick leave attributable to back pain | 85 |
| Kandrick | 2001 | Radiography of the lumbar spine in primary care patients with low back pain: randomised controlled trial | Roland-Morris Disability Questionnaire (RMDQ) | 402 |
| Kerr | 2003 | Acupuncture in the management of chronic low back pain: a blinded randomised controlled trial | SF-36 | 60 |
| Kerry | 2000 | Routine referral for radiography of patients presenting with low back pain. Is patients? outcome influenced by GPs? referral for plain radiography? | Roland-Morris Disability Questionnaire (RMDQ); hospital anxiety and depression, EuroQol, SF-36 | 126 |
| Kuil] | 2005 | Multidisciplinary rehabilitation in acute low back pain: a randomized controlled trial | Global efficacy (4-point) (TG) | 97 |
| Kien | 1993 | A randomized double-blind trial of dextrose-glycerine-phenol injections for chronic, low back pain. | Roland-Morris Disability Questionnaire (RMDQ) | 79 |
| Kofidis | 2006 | Effects of two 4-week proprioceptive neuromuscular facilitation programs on muscle endurance, flexibility, and functional performance in women with chronic low back pain | Muscle endurance and lumbar mobility | 86 |
| Kolka | 2008 | Comparison of three different approaches in the treatment of chronic low back pain | LROM - Schober test | 55 |
| Kolc-Snijders | 1999 | Chronic low-back pain: what does cognitive coping skills training add to operant behavioral treatment? Results of a randomized clinical trial | Activity tolerance | 133 |
| Koel | 2005 | Increasing days at work using function-centered rehabilitation in nonacute nonspecific low back pain: a randomized controlled trial | Number of days at work in 3 months after treatment | 171 |
| Koel | 2007 | Function-Centred Rehabilitation Increases Work Days in Patients With Nonacute Nonspecific Low Back Pain: 1-Year Results From a Randomized Controlled Trial | The number of calendar work days in the follow-up year | 174 |
| Koumantakis | 2005 | Trunk muscle stabilization training plus general exercise versus general exercise only: randomized controlled trial of patients with recurrent low back pain | Short form McGill Pain questionnaire | 45 |
| Koumantakis | 2005 | Supplementation of general endurance exercise with stabilisation training versus general exercise only. Physiological and functional outcomes of a randomised controlled trial of patients with recurrent low back pain | Short form McGill Pain questionnaire | 55 |
| Kovacs | 2003 | Effect of firmness of mattress on chronic non-specific low-backpain: randomised, double-blind, controlled, multicentre trial | VAS-P (in bed and on rising) | 310 |
| Kovacs | 1997 | Local and remote sustained trigger point therapy for exacerbations of chronic low back pain. A randomized, double-blind, controlled multicentre trial | Visual Analogue Scale for Pain (VAS-P) | 71 |
| Koel | 2008 | A randomized, double-blind, prospective study comparing the efficacy of continuous versus pulsed radiofrequency in the treatment of lumbar facet syndrome | Visual Analogue Scale for Pain (VAS-P) | 26 |
| Kullen | 2009 | Effect of thermal water and adjunctive electrotherapy on chronic low back pain: a double-blind, randomized, follow-up study | Visual Analogue Scale for Pain (VAS-P) | 71 |
| Kumar | 2009 | Efficacy of two multimodal treatments on physical strength of occupationally subgrouped male with low back pain | Visual Analogue Scale for Pain (VAS-P) | 141 |
| Kumar | 2010 | Comparative efficacy of two multimodal treatments on male and female sub-groups with low back pain (part II) | Visual Analogue Scale for Pain (VAS-P) | 102 |
| Kumar | 2009 | Efficacy of dynamic muscular stabilization techniques (DMST) over conventional techniques in rehabilitation of chronic low back pain | Waddell functional evaluation test | 30 |
| Kuukainen | 2000 | Effects of a three-month therapeutic exercise programme on flexibility in subjects with low back pain | Lumbar flexion (extension, side bending and rotation), muscle flexibility measurements | 74 |
| Lalanne | 2009 | Modulation of the flexion-relaxation response by spinal manipulative therapy: a control group study | Surface EMG of erector spine at L2 and L5 | 27 |
| Lamb | 2010 | Group cognitive behavioural treatment for low-back pain in primary care: a randomised controlled trial and cost-effectiveness analysis | Roland-Morris Disability Questionnaire (RMDQ); modified von Korff scores | 598 |
| Lambeek | 2010 | Randomised controlled trial of integrated care to reduce disability from chronic low back pain in working and private life | Return-to-work | 134 |
| Lankhorst | 1983 | The effect of the Swedish Back School in chronic idiopathic low back pain. A prospective controlled study, | Jan van Breemen Institute set of measurement for the quantification of LBP (six pain aspects each measured on NRS giving mean pain score, and degree of disability over last week also on NRS, and spinal mobility) | 43 |
| Lau | 2008 | Early physiotherapy intervention in an Accident and Emergency Department reduces pain and improves satisfaction for patients with acute low back pain: a randomised trial | Numeric Rating Scale for Pain (NRS) | 102 |
| Lecta | 2001 | Radiofrequency facet joint denervation in the treatment of low back pain: a placebo-controlled clinical trial to assess efficacy | Roland-Morris Disability Questionnaire (RMDQ) | 70 |
| Author(s) | Year | Title | Methods | Findings |
|----------|------|-------|---------|----------|
| Leclaire | 1996 | Back School in a First Episode of Compensated Acute LowBack Pain: A Clinical Trial to Assess Efficacy and ProvenEfficacy | | Time off work, recurrences 168 |
| Leew | 2006 | Exposure in vivo versus operant graded activity in chronic low back pain patients: Results of a randomized controlled trial | Quebec Back Pain Disability Scale (QBPDS) and patient specific complaints | 85 |
| Leibing | 2002 | Acupuncture treatment of chronic low-back pain – a randomized, blinded, placebo-controlled trial with 9-month follow-up | VAS-P, Pain Disability Index (PDI) | 131 |
| Langford | 2007 | Passive rotary dynamic sitting at the workplace by office-workers with lumbar pain: a randomized multicenter study | Oswestry Disability Index (ODI) (German) | 231 |
| Leon | 2008 | TMM-based motivational counselling does not increase physical activity of low back pain patients in a primary care setting/A cluster-randomized controlled trial | Freiburger Questionnaire on Physical Activity | 1261 |
| Lewis | 2011 | Brain-Countertheraphy combined with exercise is not more effective than exercise alone on pain and disability in people with acute low back pain: a randomized trial | Oswestry Disability Index (ODI) | 85 |
| Lewis | 2005 | A randomized clinical trial comparing two physiotherapy interventions for chronic low back pain | Quebec Back Pain Disability Scale (QBPDS) | 62 |
| Liciardone | 2003 | Osteopathic manipulative treatment for chronic low back pain: a randomized controlled trial | SF-36, VAS-P, RMDQ, last work or school days due to back pain | 85 |
| Lindstrom | 1992 | The effect of graded activity on patients with subacute low back pain: a randomized prospective clinical study with an operant-conditioning behavioral approach | Return-to-work | 103 |
| Lindstrom | 1995 | Physical performance, pain, pain behavior and subjective disability in patients with subacute low back pain | Perceived pain ( Borg, 10-point scale) | 98 |
| Lintin | 1989 | The secondary prevention of low back pain: a controlled study with follow-up | Visual Analogue Scale for Pain (VAS-P) | 66 |
| Little | 2008 | Randomised controlled trial of Alexander technique lessons, exercise, and massage (ATEAM) for chronic and recurrent back pain | Roland Disability Questionnaire (RMDQ) | 463 |
| Little | 2001 | Should we give detailed advice and information booklets to patients with back pain? A randomized controlled factorial trial of a self-management booklet and doctor advice to take exercise for back pain | Pain / function score (0-100, phone call) | 239 |
| Long | 2004 | Does it matter which exercise? A randomized control trial of exercise for low back pain | Pain intensity VAS-P, RMDQ, medication use | 201 |
| Long | 2002 | Can a Back Pain E-mail Discussion Group improve health status and lower health care costs? A randomized study | Pain (visual numeric scale, a variation of a VAS, disability (RMDQ), role/function/fitness intrusiveness scale), health distress (a short scale developed for the medical outcomes study) and health care utilization | 454 |
| MacDonald | 1990 | An open controlled assessment of osteopathic manipulation in nonspecific low-back pain | A disability index (12-point) | 95 |
| Machado | 2010 | The effectiveness of the McKenzie method in addition to first-line care for acute low back pain: a randomized controlled trial | Numeric Rating Scale for Pain (NRS) | 139 |
| Mackawan | 2007 | Effects of traditional Thai massage versus joint mobilization on substance P and pain perception in patients with non-specific low back pain | Substance P levels | 68 |
| Magnusen | 2007 | Motivating disability pensioners with back pain to return to work - A randomized controlled trial | Return-to-work defined as reduced disability pension payment | 89 |
| Manchikanti | 2005 | ISRCTN 16558617: A randomized, controlled trial of spinal epidural corticosteroid injection in chronic refractory low back and lower extremity pain | Visual Analogue Scale for Pain (VAS-P) | 81 |
| Manchikanti | 2004 | One day lumbar epidural adhesiolysis and hypertonic saline neurolysis in treatment of chronic low back pain: a randomized, double-blind trial | Visual Analogue Scale for Pain (VAS-P) | 75 |
| Manniche | 1988 | Clinical trial of intensive muscle training for chronic low back pain | Current low back pain (10-point scale (NRS)) | 90 |
| Mannion | 1999 | A randomized clinical trial of three active therapies for chronic low back pain | Visual Analogue Scale for Pain (VAS-P) | 137 |
| Marchand | 1993 | The effect of a home visit to a controlled study on chronic low back pain | Visual Analogue Scale for Pain (VAS-P) | 42 |
| Marks | 1992 | Facet joint injection and facet nerve block: a randomised comparison in 86 patients with chronic low back pain | Pain relief (4-point scale) | 86 |
| Marshall | 2008 | Self-report measures best explain changes in disability compared with physical measures after exercise rehabilitation for chronic low back pain | McGill Pain Questionnaire (SF-MPQ) | 50 |
| Marshall | 2008 | Muscle activation changes after exercise rehabilitation for chronic low back pain | Oswestry Disability Index (ODI) | 50 |
| Mathews | 1988 | Manipulation and traction for lumbar and sciatica: Physiotherapeutic techniques used in two controlled trials. | Pain (6-point score - referred to as a pain scale but its evidence it was improvement of symptoms: 6=symptom free, 5=much better, 4=slightly better, 3=the same, 2=slightly worse, 1=much worse) | 53 |
| Maul | 2005 | Long-term effects of supervised physical training in secondary prevention of low back pain | Functional ability, clinical investigation (height, weight, BP, ES tone, SLR ), lifting capacity, trunk strength, range of motion, isometric muscle endurance, aerobic capacity | 148 |
| Mayer | 2005 | Treating acute low back pain with continuous low-level heat wrap therapy and/or exercise: a randomized controlled trial | Multidimensional Task Ability Profile Questionnaire | 100 |
| Mayer | 2004 | A randomized clinical trial of treatment for lumbar segmental rigidity | Roland-Morris Disability Questionnaire (RMDQ) | 70 |
| Mazza | 2010 | Escitalopram 20 mg versus duloxetine 60 mg for the treatment of chronic low back pain | Pain (described as Likert scale but coded as NRS as 1 to 10 point scale from no pain to worst pain imaginable) | 75 |
| Meade | 1990 | Low back pain of mechanical origin: randomised comparison of Chiropractic and hospital outpatients treatment | Oswestry Disability Index (ODI) | 608 |
| Meleancon | 2005 | Massage therapy versus traditional therapy for low back pain relief: Implications for holistic nursing practice | Oswestry Disability Index (ODI) | 60 |
| Mezack | 1983 | Transcutaneous electrical nerve stimulation for low back pain. A comparison of TENS and massage for pain and range of motion | McGill pain questionnaire | 41 |
Meng 2011 Intermediate and Long-term Effects of a Standardized Back School for Inpatient Orthopedic Rehabilitation on Illness Knowledge and Self-management Behaviors Roland-Morris Disability Questionnaire (RMDQ) 344

Mitakil 2009 Diclofenac plus B vitamins versus diclofenac monotherapy in lumbago: the DOLOR study Visual Analogue Scale for Pain (VAS-P) 372

Middleton 1984 A comparison of two analgesic muscle relaxant combinations in acute back pain Visual Analogue Scale for Pain (VAS-P) 107

Miller 2002 Cost-effectiveness of lumbar spine radiography in primary care patients with low back pain Roland-Morris Disability Questionnaire (RMDQ) 89

Millon 1981 Evaluation of low back pain and assessment of lumbar corsets with and without back supports Subjective variables asked on back pain questionnaire for visual analogue assessment 19

Moffett 1986 A controlled, prospective study to evaluate the effectiveness of a back school in the relief of chronic low back pain. Visual Analogue Scale for Pain (VAS-P) 78

Moffett 1999 Randomised controlled trial of exercise for low back pain: clinical outcomes, costs, and preferences Roland-Morris Back Pain Scale 179

Mohseni-Bandpei 2006 A prospective randomised controlled trial of spinal manipulation and ultrasound in the treatment of chronic low back pain Visual Analogue Scale for Pain (VAS-P) 112

Mohseni-Bandpei 2011 The effect of pelvic floor muscle exercise on women with chronic non-specific low back pain Visual Analogue Scale for Pain (VAS-P) 20

Molsberger 2002 A randomized trial of a cognitive-behavioral program for enhancing back pain self care in a primary care setting Back pain worry (10-point scale) 218

Morone 2011 Quality of life improved by multidisciplinary back school program in patients with chronic non-specific low back pain: a single blinded randomized controlled trial SF-36 70

Morrison 1988 Back pain: treatment and prevention in a community hospital Physical strength (point scale) 54

Moseley 2003 Joining forces - combining cognition-targeted motor control training with group or individual pain physiology education: a successful treatment for chronic low back pain Roland-Morris Disability Questionnaire (RMDQ) 41

Moseley 2004 A randomized controlled trial of intensive neurophysiology education in chronic low back pain Survey of pain attitudes 54

Moseley 2002 Combined physiotherapy and education is efficacious for chronic low back pain Roland-Morris Disability Questionnaire (RMDQ) 57

Mühlbacher 2006 Topiramate in treatment of patients with chronic low back pain: a randomized, double-blind, placebo-controlled study Pain rating index of the McGill Pain Questionnaire. State-trait Anger Expression 96

Muller-Schwede 2011 Disposition/trading trademark for the treatment of myofascial back pain: Results from an open-label; Phase II, randomized, multicenter, dose-ranging study Five-category verbal rating scale (referred to as NRS but not coded as such as verbal) 181

Muthukrishnan 2010 The differential effects of core stabilization exercise regime and conventional physiotherapy regime on postural control parameters during perturbation in patients with movement and control impairment chronic low back pain Roland-Morris Disability Questionnaire (RMDQ) 30

Nader 2003 Continuous low-level heatwrap therapy for treating acute nonspecific low back pain One-day pain relief (verbal response scale, 6-point) 208

Nader 2002 Continuous low-level heat wrap therapy provides more efficacy than busprofen and acetylaminofluoracetan in acute low back pain Pain relief (6-point verbal rating scale) 354

Nader 2003 Overnight use of continuous low-level heatwrap therapy for relief of low back pain Morning pain relief (5-point verbal response scale) 70

Nasr 2011 Evaluation of a randomized controlled trial in the management of chronic lower back pain in a French automotive industry: An observational study Numeric Rating Scale for Pain (NRS) 60

Newcomer 2008 Is a videotape to change beliefs and behaviors superior to a standard videotape in acute low back pain? A randomized controlled trial Oswestry Disability Index (ODI) 111

Newton-John 1995 Cognitive-behavioural therapy versus EMG biofeedback in the treatment of chronic low back pain. Pain diary with 10-point scale (NRS) 44

Nicholas 1991 Operant-behavioural and cognitive-behavioural treatment for chronic low back pain Pain rating chart (NRS 6-point scale) 58

Niemi 2003 Cost-effectiveness of combined manipulation, stabilizing exercises, and physician consultation compared to physician consultation alone for chronic low back pain: A prospective randomized trial with 2-year follow-up Pain intensity (VAS-P), frequency of LBP experienced, Oswestry (ODI) 200

Niemi 2005 The effectiveness of an unstable sandal on low back pain and golf performance Visual Analogue Scale for Pain (VAS-P) 201

Nigg 2009 Early access to physical therapy treatment for subacute low back pain in primary health care: a prospective randomized clinical trial Visual Analogue Scale for Pain (VAS-P) 37

Nordeman 2006 The role of an integrated back stability program in patients with chronic low back pain Rating category scale for rating of perceived pain (BRPP) 60

Nouwen 2008 Does acupuncture improve the orthopedic management of chronic lower back pain in a French automotive industry: An observational study Roland-Morris Disability Questionnaire (RMDQ) 112

Nouwen 1983 EMG biofeedback used to reduce standing levels of paraspinal muscle tension in chronic low back pain. Pain reports (daily log; 5 pt scale including severe, moderate, no pain labels but no labels on three of the 5 points) 20

Oesch 2006 The influence of a functional capacity evaluation on fitness for work certificates in patients with non-specific chronic low back pain Functional capacity evaluation 174

Oleske 2007 Are back supports plus education more effective than education alone in promoting recovery from low back pain? Results from a randomized clinical trial Numeric Rating Scale (NRS) 433

Olson 1991 An analysis of the effectiveness of a low back health education program in an employee population. Beck Behaviour Inventory (personal behaviour change) 37

Ongley 1987 A new approach to the treatment of chronic low back pain Roland-Morris Disability Questionnaire (RMDQ), 9 questions from the Chronic Disability Index 81

Orazi 1986 Medical treatment of acute low back pain. Diflunisal compared with indomethacin in acute lumbago Pain at rest 130
| Author                  | Year | Title                                                                 | Scale(s)                        | Page |
|-------------------------|------|----------------------------------------------------------------------|---------------------------------|------|
| Pach                    | 2011 | Efficacy of injections with Dico/Rhus toxoidesendron composition for  | Visual Analogue Scale for Pain  | 142  |
|                         |      | chronic low back pain - a randomized placebo-controlled trial         | (VAS-P)                         |      |
| Palango                 | 2002 | Combination hydrocodone and ibuprofen versus combination             | Daily mean pain relief score   | 147  |
|                         |      | oxycodone and acetaminophen in the treatment of moderate or severe    | (patient diary with numeric   |      |
|                         |      | acute low back pain.                                                | coded scale (NRS))             |      |
| Palay                   | 2004 | Elicinib reduced pain and disability and improved quality of life in  | Visual Analogue Scale for Pain  | 231  |
|                         |      | patients with chronic low back pain: a 3 month, randomized,          | (VAS-P)                         |      |
|                         |      | controlled trial                                                    |                                 |      |
| Palmieri                | 2002 | Chronic low back pain: a study of the effects of manipulation under   | Numeric Rating Scale for Pain  | 87   |
|                         |      | anesthesia                                                            | (NRS)                           |      |
| Padoncini               | 2011 | Kinetics Tapping applied to lumbar muscles influences clinical and   | Visual Analogue Scale for Pain  | 39   |
|                         |      | electromyographic characteristics in chronic low back pain patients  | (VAS-P)                         |      |
| Paolucci                | 2011 | Psychological features and outcomes of the Back School treatment in  | BF-36                           | 50   |
|                         |      | patients with chronic non-specific low back pain: A randomized       |                                 |      |
|                         |      | controlled study                                                    |                                 |      |
| Paloso                  | 2004 | Analgesic efficacy and safety of tramadol/acetaminophen combination   | Visual Analogue Scale for Pain  | 336  |
|                         |      | tablets (Ultracot) in treatment of chronic low back pain: a           | (VAS-P)                         |      |
|                         |      | multicenter, randomized, double blind, placebo controlled trial      |                                 |      |
| Pentlin                  | 2002 | Randomized controlled trial of back school with and without peer      | Oswestry Disability Index (ODI) | 81   |
|                         |      | support                                                              |                                 |      |
| Perez-Palomares         | 2010 | Percutaneous electrical nerve stimulation versus dry needling: Effectiveness in treatment of chronic low back pain | Visual Analogue Scale for Pain  | 124  |
|                         |      | A randomized controlled trial                                        | (VAS-P)                         |      |
| Petersen                | 2002 | The effect of McKenzie therapy as compared with that of intensive     | Low Back Pain Rating Scale      | 260  |
|                         |      | strengthening training for the treatment of patients with subacute or  | (LBPRS) (Danish)               |      |
|                         |      | chronic low back pain: A randomized controlled trial                |                                 |      |
| Pippino                 | 1991 | A direct myotonic (Pridinol Masilate) for the management of chronic    | Walking time on staircase       | 120  |
|                         |      | low back pain: A multicentre, comparative clinical evaluation.        |                                 |      |
| Pohjalainen             | 2000 | Treatment of acute low back pain with the COX-2-selective anti-       | Million Visual Analogue Scale   | 96   |
|                         |      | inflammatory drug nimesulide: results of a randomized, double blind    | (VAS) (1 pain intensity, 2 stiffness in back , 3 pain relief) |      |
|                         |      | and comparative trial versus ibuprofen.                             |                                 |      |
| Pope                    | 1994 | A prospective randomized three-week trial of spinal manipulation,    | Visual Analogue Scale for Pain  | 121  |
|                         |      | transcutaneous muscle stimulation, massage and corset in the         | (VAS-P)                         |      |
|                         |      | treatment of subacute low back pain                                  |                                 |      |
| Powers                  | 2008 | Effects of a single session of posterior-to-anterior spinal mobility   | Visual Analogue Scale for Pain  | 30   |
|                         |      | and press-up exercise on pain responses and lumbar spine extension   | (VAS-P)                         |      |
|                         |      | in people with non-specific low back pain                            |                                 |      |
| Preyda                  | 2000 | Effectiveness of massage therapy for subacute low-back pain: a        | Roland-Morris Disability        | 98   |
|                         |      | randomized controlled trial                                          | Questionnaire (RMDQ), McGill    |      |
|                         |      | Pain index                                                           | pain questionnaire             |      |
| Puranik                 | 2002 | A randomised, single blind study to evaluate the effects of action   | Visual Analogue Scale for Pain  | 24   |
|                         |      | potential stimulator therapy compared with placebo in patients with  | (VAS-P)                         |      |
|                         |      | chronic back pain                                                    |                                 |      |
| Pushpika                | 2010 | Clinical evaluation of selected yoga procedures in individuals with  | Grade of total effect (bespoke scale) | 12   |
|                         |      | low back pain                                                        |                                 |      |
| Rasmussen               | 2008 | Manipulation does not add to the effect of extension exercises in     | Visual Analogue Scale for Pain  | 72   |
|                         |      | chronic low back pain (LBSP): A randomized, controlled, double blind  | (VAS-P)                         |      |
|                         |      | study                                                                |                                 |      |
| Rasmussen-Barr          | 2009 | Graded exercise for recurrent low-back pain: a randomized, controlled | Oswestry Disability Index (ODI), | 71   |
|                         |      | trial with 6-, 12-, and 36-month follow-ups                          | Visual analogue scale (VAS)     |      |
| Rittwoger               | 2002 | Treatment of chronic lower back pain with lumbar extension and       | Pain sensation and pain relief  | 50   |
|                         |      | whole-body vibration exerciser: a randomized controlled trial        | (VAS-P)                         |      |
| Ritvonen                | 2007 | Dynamic surface electromyographic responses in chronic low back pain  | Oswestry Disability Index (ODI) | 61   |
|                         |      | treated by traditional bone setting and conventional physical         |                                 |      |
|                         |      | therapy                                                              |                                 |      |
| Roberts                 | 2002 | The back home trial: general practitioner-supported leaflets may     | Knowledge (questionnaire based  | 58   |
|                         |      | change back pain behavior                                            | on The Back Quiz, Jessup, 1991, |      |
|                         |      | (attitude (six questions on managing back pain alone); observable    | attitude (six questions on     |      |
|                         |      | behaviour (coded behaviour undertaking 4 activities) and function (Aberdeen Low Back | managing back pain alone);      |      |
|                         |      | Pain Scale)                                                          | observable behaviour (coded     |      |
|                         |      |                                                                       | behaviour undertaking 4 activities) and function (Aberdeen Low Back |      |
| Roche                   | 2007 | Comparison of a functional restoration program with active           | Trunk flexibility: fingertip-to-floor (FTF) | 132  |
|                         |      | individual physical therapy for patients with chronic low back pain: |                                 |      |
|                         |      | a randomized controlled trial                                        |                                 |      |
| Roche-Leboucher         | 2011 | Multidisciplinary intensive functional restoration versus outpatient | Reduction in the number of    | 131  |
|                         |      | active physiotherapy in chronic low back pain: a randomized          | sick-leave days                 |      |
|                         |      | controlled trial                                                    |                                 |      |
| Rose                    | 1997 | Chronic low back pain rehabilitation programs: a study of the        | Visual Analogue Scale for Pain  | 104  |
|                         |      | optimum duration of treatment and a comparison of group and          | (VAS-P)                         |      |
|                         |      | individual therapy                                                  |                                 |      |
| Rossignol               | 2005 | Measuring the contribution of pharmacological treatment to advice    | Roland-Morris Disability        | 318  |
|                         |      | to stay active in patients with subacute low back pain: a           | Questionnaire (RMDQ)            |      |
|                         |      | randomized controlled trial                                          |                                 |      |
| Rosenberg               | 2002 | Bed rest or normal activity for patients with acute low back pain:   | Visual Analogue Scale for Pain  | 277  |
|                         |      | a randomized controlled trial                                        | (VAS-P)                         |      |
| Ruoff                   | 2003 | Tramadol/acetaminophen combination tablets for the treatment of     | Visual Analogue Scale for Pain  | 318  |
|                         |      | chronic lower back pain: a multicenter, randomized, double-blind,   | (VAS-P)                         |      |
|                         |      | placebo-controlled outpatient                                        |                                 |      |
| Sahin                   | 2011 | Effectiveness of back school for treatment of pain and functional    | Visual Analogue Scale for Pain  | 146  |
|                         |      | disability in patients with chronic low back pain: a randomized    | (VAS-P) (motion)                |      |
| Salzmann                | 1992 | Treatment of chronic low-back syndrome with tetrazepam in a         | VAS-P return-to-normal         | 103  |
|                         |      | placebo controlled double-blind trial                               | Shober's Index, improvement of |      |
|                         |      |                                                                       | spinal mobility by 50% in at     |      |
|                         |      |                                                                       | least one special dimension     |      |
| Sanders                 | 1990 | Chiropractic adjustment manipulation on subjects with acute low     | States VAS (although may be   | 18   |
|                         |      | back pain: visual analog pain scores and plasma beta-endorphin levels | NRS as term ‘5- joint' is used) |      |
| Santaelia               | 2009 | Assessment of a biofeedback program to treat chronic low back pain  | Visual Analogue Scale for Pain  | 60   |
| SatorKatzschlager       | 2004 | The short- and long-term benefit in chronic low back pain through   | McGill pain questionnaire      | 61   |
|                         |      | adjunctive electrical versus manual auricular acupuncture          |                                 |      |
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