Exercises for prevention of recurrences of low-back pain (2010)

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The best evidence in back and neck pain care

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Overview of the study

Objectives

- To investigate the effectiveness of exercises for preventing new episodes of low-back pain or low-back pain-associated disability

Methods

- Evidence current up to 24 July 2009
- Participants: Adults (aged 18 or older) who currently had, or had ever had at least one prior episode of non-specific low-back pain (LBP)
- Intervention: Exercises*
- Outcomes measured: Recurrences of LBP(defined as an episode of pain, sickness absence or disability resulting from the pain)

* Defined as physical activity that is planned or structured and may be done to improve or maintain one or more components of physical fitness

Results & Conclusion

- 13 studies (1520 participants) included.

Treatment	Evidence	Quality of evidence
Post-treatment exercises	Post-treatment exercises were more effective than no intervention for reducing the rate of recurrences at one year	Moderate
	Number of recurrences was significantly reduced at one-half to two years follow-up.	
	The days on sick leave were reduced at one-half to two years follow-up	Low

⇨ There is moderate quality evidence that post-treatment exercise programmes can prevent recurrences of back pain but conflicting evidence was found for exercise treatment in reducing the number of recurrences or the recurrence rate