

Lumbar supports for prevention and treatment of low back pain (2008)

Ingrid van Duijvenbode, Petra Jellema, Mireille van Poppel, Maurits W van Tulder



COCHRANE BACK REVIEW GROUP
The best evidence in back and neck pain care

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Overview of the study

Objectives

- To assess the effects of lumbar supports for prevention and treatment of non-specific low-back pain

Methods

- Evidence current up to 30 December 2006
- Participants: Adult workers (aged 18 to 65 years) with non-specific low-back pain
- Intervention: Any type of lumbar support
- Outcomes measured: Proportion of patients who recovered; had improvement of pain and function; return-to-work, measures of objective physical impairment (e.g. Spinal flexion, improvement in straight leg raise, alteration in muscle power, change in neurological signs), adverse effects

Results & Conclusion

- 15 trials (15,798 participants) included

Intervention	Evidence	Quality of evidence
Lumbar supports	No more effective than no intervention or training in preventing low-back pain	Moderate

⇒ It remains unclear whether lumbar supports are more effective than no or other interventions for treating low-back pain