

# Manual material handling advice and assistive devices for preventing and treating back pain in workers (2011)

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## Overview of the study

### Objectives

- To determine the effectiveness of manual material handling (MMH) advice and training and the provision of assistive devices in preventing and treating back pain

### Methods

- Evidence current up to 29 November 2010
- Participants: Working adults (16 to 70 years) who were engaged in jobs with MMH to the extent that their risk for back pain was increased
- Intervention: MMH techniques, and the use of assistive devices to decrease the mechanical load of MMH on the back
- Outcomes measured
  - Primary outcomes: non-specific back pain, time to return-to-work
  - Secondary outcomes: number of days on sick leave due to back pain, recurrences of back pain, intensity of symptoms, functional status, QoL, psychological/psychosocial outcomes

## Main Results & Conclusion

- 18 studies (42,391 participants) included

Treatment	Evidence	Quality of evidence
MMH training with or without assistive devices	Level of back pain is similar to those who received no intervention or minor advice (video)	Moderate

⇒ No evidence shows that MMH advice and training are useful in the prevention or treatment of back pain when compared to no intervention or alternative interventions.