Rehabilitation after lumbar disc surgery (2014)

Teddy Oosterhuis, Leonardo OP Costa, Christopher G Maher, Henrica CW de Vet, Maurits W van Tulder, Raymond WJG Ostelo

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

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Overview of the study

Objectives

- To determine whether active rehabilitation after lumbar disc surgery is more effective than no treatment, and to describe which type of active rehabilitation is most effective

Methods

- Evidence current up to 1 May 2013
- Participants: Adults (age between 18 and 65 years old) who had first time lumbar disc surgery because of a lumbar disc prolapse
- Intervention: Active rehabilitation after lumbar surgery including exercise therapy, strength and mobility training, physiotherapy, and multidisciplinary programs
- Outcomes measured
  - Primary outcomes: pain, a global measure of improvement, back pain specific functional status, return to work

Results & Conclusion

- 22 trials (2503 participants) included

Intervention	Evidence	Quality of evidence
Exercises	More effective than no treatment for pain on short-term	Very low
	More effective for functional status on short-term but no difference on long-term	Low
High intensity exercise programs	More effective than low intensity exercise programs for pain in the short term	Very low
	More effective for functional status in the short term	Low
Supervised exercise programs	No significant differences between supervised and home exercise programs for short-term pain relief or functional status	Very low

⇨ No firm conclusions can be drawn regarding the effectiveness of active rehabilitation intervention