

Army Low Back Training Study.

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Efficacy of minimal intervention strategy (isolated training of the lumbar extensors) with the use of a control group receiving usual care.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20205

Bron

NTR

Verkorte titel

ALBATROS

Aandoening

Subacute and chronic nonspecific low back pain.

Ondersteuning

Primaire sponsor: Pieter H. Helmhout and Chris C. Harts
address: see above

Overige ondersteuning: N/A

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Global Perceived Effect;

2. Patient Specific Functional Status;

3. Low-back specific functional status (RDQ).

Toelichting onderzoek

Achtergrond van het onderzoek

Although a substantial number of trials have been conducted that included lumbar extension training in low back pain patients, hardly any study has emphasized a minimal intervention approach comparable to ours.

Currently, a randomized controlled trial is carried out in six military health centers in The Netherlands and Germany, in which a 10-week program of not more than 2 training sessions (10-15 minutes) per week is studied in soldiers with nonspecific low back pain for more than 4 weeks. The purpose of the study is to investigate the efficacy of this 'minimal intervention program', compared to usual care. Moreover, attempts are made to identify subgroups of different responders to the intervention.

Besides, a baseline measurement, follow-up data are gathered at two short-term intervals (5 and 10 weeks after randomization) and two long-term intervals (6 months and one year after the end of the intervention), respectively.

Inclusion will end in July 2005.

Doel van het onderzoek

Efficacy of minimal intervention strategy (isolated training of the lumbar extensors) with the use of a control group receiving usual care.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

1. Isolated training of the lumbar extensors muscles on a training device in a 10-week progressive resistance training program;
2. Usual care including hands-on treatment (manual therapy) and/or hands-off treatment (exercise therapy without isolated lumbar extensor training and education).

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Royal Netherlands Army military personnel aged between 18 and 55;
2. Non specific low back pain for at least 4 weeks;
3. Availability for treatment during (at least) 8 weeks.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Specific LBP (fractures, tumors, herniated disc or other relevant neurologic diseases;
2. Treatment during the last month;
3. Spinal surgery in the past 2 years;

4. Disability to perform an isometric strength test of the lumbar extensor muscles.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	30-09-2002
Aantal proefpersonen:	150
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	04-08-2005
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL71
NTR-old	NTR102
Ander register	: N/A
ISRCTN	ISRCTN19334317

Resultaten

Samenvatting resultaten

1. Arch Phys Med Rehabil. 2008 Sep;89(9):1675-85.

2. Comparison of a high-intensity and a low-intensity lumbar extensor training program as minimal intervention treatment in low back pain: a randomized trial. Helmhout et al. Eur Spine J. 2004 Oct;13(6):537-47.

3. Rationale and design of a multicenter randomized controlled trial on a 'minimal intervention' in Dutch army personnel with non-specific low back pain. Helmhout et al. BMC Musculoskelet Disord. 2004 Nov 9;5(1):40.