

Physical therapists in primary care identify potential participants

Principal investigator checks eligibility

Excluded if no consent
given or not eligible

Patient signs informed consent and completes baseline
questionnaires. A research physical therapist examines and
classifies the patient according to the classification system

Excluded if not eligible
as indicated after
assessment

Randomisation (n = 150)

Usual physical therapy according to the
Dutch low back pain guidelines (n=75)

Physical therapy according to the
classification system (direction-specific
exercises, manipulation or stabilisation)
(n=75)

Follow-up measurements at 8, 26 and 52 weeks

