

Candidates with complaint: recurrent low back pain, duration of the symptoms for more than six and under 12 weeks. General exclusion criteria negative. Briefed General Practitioners and occupational health staff refer to physiotherapy clinic

Roland-Morris Questionnaire: more than 5 points
Movement control dysfunction: more than 2/6
TSK, DEPS and Motor Control Abilities Questionnaire under cut off-point



"NO"
Excluded



"YES"
Physical Examination



Inclusion, n= 70



INFORMED CONCENT

Randomization



MC Exercise Group



General Exercise Group

Intervention
Five treatment session of specific MC exercise (+ ManTher+home exercise)
Drop-outs

Intervention
Five treatment session of general exercise (+ ManTher+home exercise)
Drop-outs



Measurement after three months intervention

Final measurements
12 months after the start of the intervention