

Table 1. Outcome measures

Baseline measures are taken of the one primary outcome (RMDQ), and four secondary outcomes (PSFS and Oswestry Disability Index, Movement control tests by Luomajoki, general health questions) prior to randomization.

Main outcome measure:

Roland-Morris Disability Questionnaire (RMDQ)

Secondary outcome measures:

Patient-Specific Functional and Pain Scale (PSFS) (63)

Oswestry Disability Index (64)

Movement control tests described by Luomajoki et al. (48)

The amount of absence from work with a questionnaire#

the need for other treatment modalities with a questionnaire#

the need for pain medication with a questionnaire#

Patient satisfactory with global assessment with a questionnaire#

A questionnaire with three claims (less than usual, equal, more than usual)