

The Forgotten Role of Back Muscle Characteristics to Tailor Exercise Therapy for Recurrent Non-specific Low Back Pain

NCT05851196

Status RECRUITING
Sponsor Hasselt University
Enrollment 100 participants

Key Eligibility Criteria

Inclusion (12)

- Patients with non-specific low back pain:
- Aged 18-60 years
- Non-specific low back pain without radicular leg pain
- Mechanical low back pain with episodes of ≤ 4 on the numerical pain rating scale and episodes of ≥ 6 on the numerical pain rating scale
- Non-specific low back pain for three months or more
- ... and 7 more (see full listing online)

Exclusion (8)

- Pregnancy
- Previous trauma or surgery to the spine, pelvis or lower limbs
- Structural spinal deformity (e.g., scoliosis)
- Neurological, neuromuscular, respiratory or systemic disease
- Central sensitization: score of 50/100 or more on the Central Sensitization Inventory
- ... and 3 more (see full listing online)

Locations (2 total)

REVAL Rehabilitation Research Center, Hasselt University, Diepenbeek, Belgium
Department of Rehabilitation Sciences, KU Leuven, Leuven, Belgium