

The Lumbar Interbody Fusion vs. Multidisciplinary Rehabilitation (LIFEHAB) Trial

NCT06169488

Status	RECRUITING
Phase	Not Applicable
Sponsor	Oslo University Hospital
Enrollment	202 participants

Key Eligibility Criteria

Inclusion (8)

- Male and non-pregnant female patients between 20 and 65 years of age with persistent low back pain of at least one year's duration at inclusion
- Received non-operative treatment in line with national [50] and international [49] guidelines, including at least self-management, exercise, and physical therapy, without satisfactory effect before study enrolment
- Back-related disability: ODI 30 - 60 points at baseline
- Back pain > leg pain
- One- or two-level disc degeneration between L2 and sacrum with any of the following:
... and 3 more (see full listing online)

Exclusion (18)

- Multilevel disc degeneration requiring intervention beyond two levels
- Spondylolysis or lytic spondylolisthesis
- History of previous spondylodiscitis
- Previous lumbar fusion surgery
- Scoliosis >20 degrees
... and 13 more (see full listing online)

Locations (5 total)

Vestre Viken Hospital, Drammen, Norway
Haukeland University Hospital, Hagavik, Norway
Akershus University Hospital, Lørenskog, Norway
... and 2 more locations