

A Combined Exercise Programme Involving Strengthening, Flexibility and Aerobic Exercise for Lower Back Pain

NCT06921694

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Nottingham
Enrollment	88 participants

Key Eligibility Criteria

Inclusion (5)

- Aged 18-45 years
- Participant is willing and able to give informed consent for participation in the study
- Suffering from chronic NSLBP (more than 3 months, localised below the costal margin and above the gluteal folds)
- Suffers from pain or functional limitations as a result of their LBP (minimum VAS (back) score of 3/10 or ODI score of at least 5/50 or RMD score of at least 5/24 (note, unlike ODI, RMD does not describe specific cuts offs for different levels of disability)
- Able to exercise

Exclusion (13)

- Radiating pain to leg / sciatica / acute radiculopathy
- Specific diagnosis/condition for LBP (e.g. herniated disk, degenerative disk disease, spondylolysis, spinal stenosis, spinal tumour, facet joint damage)
- History of osteoporosis , arthritis, scoliosis, or kyphosis.
- Current spinal infection, cancer or a current fracture (any bone).
- History of spinal/back surgery
- ... and 8 more (see full listing online)

Locations (1 total)

University of Nottingham, Queen's Medical Centre, Nottingham, Notts, United Kingdom