

Can balance and hamstring training improve non-specific low back pain: A randomized controlled trial

Invitation

You are invited to take part in a research study. Before you decide to participate it is important you understand why the research is being done and what it will involve. Please take time to read the following information sheet carefully and discuss it with the researcher or others if you wish.

What is the purpose of the study?

Low back pain is a common condition that affects people's quality of life. This study aims to explore the therapeutic effect of balance combined with hamstring training on patients with non-specific lower back pain.

Why have I been chosen?

You have been chosen because we understand you:

- are aged 18-65 years.
- have low back pain in the past year.
- can attend the moderate physical activity.

You will be excluded from this study if:

- your low back pain is associated with a specific cause (e.g., tumor, tuberculosis, fracture, or specific low back pain caused by definite infection) or you have a sciatica or radicular pain syndrome.
- you have had previous spinal trauma and surgery.
- your low back pain is in the acute phase.

Do I have to take part?

You are free to decide whether you participate or not. You will be given this information sheet to keep, and you will be asked to complete a brief screening questionnaire and answer some questions.

Should you meet the inclusion criteria, you will be invited to sign a consent form before taking part in the study. If you agree to take part, you will be free to withdraw at any time during the experimental session without giving a reason.

What is the research process?

Once you are confirmed to participate in the study, you will be referred to a researcher who will conduct physical tests before the exercise intervention. Then, you will undergo 6 weeks of balance and hamstring training. Finally, you will take the physical test again the week after the intervention.

What are the potential benefits of taking part?

Although you will not receive a financial reward for participating in the study, you will receive guidance from a professional sport therapist during the 6-week study period.

What are the potential risks of taking part?

Exercise intervention is moderate physical activity and will be done under the supervision of the researcher, Thus the intervention is not expected to be associated with any risks. If you feel any soreness or fatigue during the exercises, then you may request to rest. You can also stop the exercises at any time during the session.

Does the study follow ethics procedures?

This study received official approval from the Medical Ethics Committee, Shenzhen University Medical school.

Who is organising and funding the research?

The study has been organised by Dr Xiaodong Wang, Associate Professor in Faculty of Physical Education, Shenzhen University (1900371004@email.szu.edu.cn).

What if I have a problem or concern?

If you have a concern about any aspect of this study, please contact with Dr Xiaodong Wang (1900371004@email.szu.edu.cn).