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Army Low Back Training Study

Submission date
02/09/2004

Recruitment status
No longer recruiting

Registration date
11/10/2004

Overall study status
Completed

Last Edited
11/06/2019

Condition category
Musculoskeletal Diseases

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Army Low Back Training Study

Acronym
ALBATRoS

Study objectives

To evaluate the efficacy of progressive, isolated resistance training of the lumbar extensor muscles, compared to the usual care.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the Medical Ethics Committee of the Netherlands Central Military Hospital.

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Aspecific low back pain

Interventions
Specific strengthening of the lumbar extensor muscles versus usual care for aspecific low back pain.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Global perceived effect, measured by self-assessment on a 7-point scale
2. Patient-specific functional status, measured by a questionnaire following a patient-specific approach
3. Low-back specific functional status, measured by the validated Dutch version of the Roland Disability Questionnaire

Beside a baseline measurement, follow-up data are gathered at two short-term intervals and two long-term intervals. Short-term follow-up measurements are at 5 and 10 weeks after randomisation. Long-term follow-up measurements are at 6 months and one year after the end of the intervention, respectively.

Key secondary outcome(s))
1. Fear of movement or re-injury, measured by the Tampa Scale for Kinesiophobia
2. Mental health, measured by the Dutch translation of the 12-item General Health Questionnaire
3. Social health, measured by a subscale of the Impact on Participation and Autonomy Questionnaire
4. Overall work status

5. Individual back extension strength progression
6. Patient satisfaction, measured at the end of the treatment program

Beside a baseline measurement, follow-up data are gathered at two short-term intervals and two long-term intervals. Short-term follow-up measurements are at 5 and 10 weeks after randomisation. Long-term follow-up measurements are at 6 months and one year after the end of the intervention, respectively.

Completion date
31/12/2005

Eligibility

Key inclusion criteria
1. Military employees of the RNLA between the age of 18 and 54 years
2. At least 4 weeks of continuous or recurrent (at least three times a week) episodes of low back pain (LBP) pain localised
3. Between posterior iliac crests and angulus inferior scapulae
4. Availability to visit the local military health centre two times a week during 10 consecutive weeks
5. No more than two sessions of absence due to job-related activities (e.g. military exercise, course, leave)
6. Willingness to abandon other treatment interventions for the lower back during the intervention period
7. Signed informed consent

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Not Specified

Total final enrolment
129

Key exclusion criteria
1. Spinal surgery in the last 2 years
2. Specific treatment for LBP in the last 4 weeks (e.g. physiotherapy, manual therapy)
3. Severe LBP which hinders in performing maximal isometric strength efforts
4. Specific LBP, defined as herniated disc, ankylosing spondylitis, spondylolisthesis
5. Neurological diseases

Date of first enrolment
01/04/2002

Date of final enrolment
31/12/2005

Locations

Countries of recruitment
Germany

Netherlands

Study participating centre
P.O. Box 90004
Utrecht
Netherlands
3509 AA

Sponsor information

Organisation
Royal Netherlands Army (The Netherlands)

Funder(s)

Funder type
Government

Funder Name
Dutch Ministry of Defence (The Netherlands)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/09/2008	11/06/2019	Yes	No
Protocol article	protocol	09/11/2004		Yes	No