

# Lumbar supports for home care workers with low back pain, an efficacy study

<b>Submission date</b> 05/12/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 05/12/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 06/04/2011	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> 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**

**Study objectives**

Results of a systematic review showed that lumbar supports are not effective in the primary prevention of Low Back Pain (LBP), but there were positive indications for the secondary preventive use of lumbar supports in the reduction of low back pain. In this randomised controlled trial (RCT) we study the secondary preventive efficacy of these lumbar supports.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Ethics approval received from the local medical ethics committee

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Low back pain (LBP)

**Interventions**

A lumbar support was provided to the intervention group in addition to usual care (primary and secondary care for the management of LBP, available as usual).

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Number of days low back pain per month
2. Number of days sick leave per year (calendar days)
3. Cost effectiveness

**Key secondary outcome(s)**

1. Severity of experienced low back pain (11 point NRS)
2. Functional status (Quebec Back Pain Disability Scale)
3. Compliance

**Completion date**

30/12/2004

**Eligibility****Key inclusion criteria**

1. Reporting LBP at the start of the study, or reporting two or more episodes of LBP in the 12 months prior to the start of the study
2. Performing medical care and/or domestic tasks as a home care worker

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Suffering from specific LBP e.g. rheumatoid arthritis or vertebral fractures
2. Pregnant at the start of the study
3. Receiving medical treatment for high blood pressure

**Date of first enrolment**

01/05/2003

**Date of final enrolment**

30/12/2004

**Locations****Countries of recruitment**

Netherlands

**Study participating centre**

Erasmus Medical Center

Rotterdam

Netherlands

3000 DR

**Sponsor information****Organisation**

Erasmus Medical Center (The Netherlands) - Department of General Practice

**ROR**

<https://ror.org/018906e22>

# Funder(s)

## Funder type

Research organisation

## Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (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?
<a href="#">Results article</a>	results	01/09/2002		Yes	No
<a href="#">Results article</a>	results	20/11/2007		Yes	No
<a href="#">Results article</a>	results	15/12/2010		Yes	No