

Specific or non-specific exercises for patients with low back pain and movement control impairment

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Propositions

accompanying the thesis

Specific or non-specific exercises for patients with low back pain and movement control impairment – What works?

Jeannette Saner-Bissig

2018

1. Patients who have been assessed and diagnosed with low back pain and movement control impairment can improve their function significantly with exercise (this thesis).
2. For patients with low back pain and movement control impairment an impairment-specific exercise program and a general exercise program are equally beneficial (this thesis).
3. Exercises under supervision of a physiotherapist that bring the patient to a good level of self-confidence can be recommended to patients with low back pain and movement control impairment (this thesis).
4. The “patient-specific functional scale” proved to be inconsistent when evaluating results at the group level and at representing long-term changes in the pathology (this thesis).
5. Regular exercise is an important way to prevent chronic pain and disability for those experiencing low back pain.
6. After all the studies that have been conducted on the effectiveness of exercise interventions for patients with low back pain, it seems that we are still unable to answer the question, “What works and for whom?”.
7. Patients’ personal experiences with pain, their treatment aims and individual resources not only influence treatment outcomes but also treatment options.
8. A randomized trial should not be a purpose on its own, but should answer a clinically-relevant question about the effectiveness of an intervention, for which it is plausible that it is effective for that specific population. (Van Dillen L.R and van Tulder M., In Spinal Control: The Rehabilitation of Back Pain, pg. 203, Churchill Livingstone Elsevier, 2013).
9. Involving students and novice physiotherapists into the research process provides active first experiences in data collection and scientific procedures, which opens perspectives for future careers.
10. Exercise therapy is a tool to reduce low back pain related to the socio-economic burden on societies (Valorisation).
11. Funny situations in research are rare, that doesn’t mean that researchers don’t have fun.