

NKR 30 PICO 6 Ledmobiliserende teknikker eller øvelsesterapi

Review information

Authors

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Contact person

[Empty name]

Dates

Assessed as Up-to-date:

Date of Search:

Next Stage Expected:

Protocol First Published: Not specified

Review First Published: Not specified

Last Citation Issue: Not specified

What's new

Date / Event	Description
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History

Date / Event	Description

Characteristics of studies

Characteristics of included studies

Albert 2012

Methods	
Participants	
Interventions	
Outcomes	
Notes	

Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Unclear risk	
Allocation concealment (selection bias)	Unclear risk	
Blinding of participants and personnel (performance bias)	Unclear risk	
Blinding of outcome assessment (detection bias)	Unclear risk	
Incomplete outcome data (attrition bias)	Unclear risk	
Selective reporting (reporting bias)	Unclear risk	
Other bias	Unclear risk	

Bakhtyari 2005

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Bronfort 2014

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Huber 2011

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Luijsterburg 2008

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Incomplete outcome data (attrition bias)	Unclear risk	
Selective reporting (reporting bias)	Unclear risk	
Other bias	Unclear risk	

Paatelma 2008

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Interventions	
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Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Low risk	
Allocation concealment (selection bias)	Unclear risk	-
Blinding of participants and personnel (performance bias)	High risk	
Blinding of outcome assessment (detection bias)	Low risk	
Incomplete outcome data (attrition bias)	Low risk	
Selective reporting (reporting bias)	Low risk	
Other bias	High risk	

Petersen 2011

Methods	
Participants	
Interventions	
Outcomes	
Notes	

Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Low risk	
Allocation concealment (selection bias)	Low risk	
Blinding of participants and personnel (performance bias)	High risk	
Blinding of outcome assessment (detection bias)	Low risk	
Incomplete outcome data (attrition bias)	Low risk	
Selective reporting (reporting bias)	Low risk	
Other bias	High risk	

Santilli 2006

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Random sequence generation (selection bias)	Unclear risk	
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Incomplete outcome data (attrition bias)	Unclear risk	

Selective reporting (reporting bias)	Unclear risk
Other bias	Unclear risk

Ye 2015

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Random sequence generation (selection bias)	Unclear risk	
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Other bias	Unclear risk	

Footnotes

Characteristics of excluded studies

Footnotes

Characteristics of studies awaiting classification

Footnotes

Characteristics of ongoing studies

Footnotes

Summary of findings tables

Additional tables

References to studies

Included studies

Albert 2012

[Empty]

Bakhtiyari 2005

[Empty]

Bronfort 2014

[Empty]

Huber 2011

[Empty]

Luijsterburg 2008

[Empty]

Paatelma 2008

[Empty]

Petersen 2011

[Empty]

Santilli 2006

[Empty]

Ye 2015

[Empty]

Excluded studies

Studies awaiting classification

Ongoing studies

Other references

Additional references

Other published versions of this review

Data and analyses

1 Intervention + usual care vs usual care (indirekte evidens)

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Bemserte (op til 12 uger)	8		Mean Difference (IV, Random, 95% CI)	Subtotals only
1.1.1 Manipulation	3	380	Mean Difference (IV, Random, 95% CI)	-1.21 [-1.98, -0.45]
1.1.2 Superviserede	6	580	Mean Difference (IV, Random, 95% CI)	-1.22 [-1.98, -0.45]
1.2 Rygmerte (op til 12 uger)	5		Mean Difference (IV, Random, 95% CI)	Subtotals only
1.2.1 Manipulation	3	380	Mean Difference (IV, Random, 95% CI)	-1.07 [-2.00, -0.14]
1.2.2 Superviserede	3	287	Mean Difference (IV, Random, 95% CI)	-0.56 [-1.09, -0.02]
1.3 Funktionsevne (op til 12 uger)	4		Std. Mean Difference (IV, Random, 95% CI)	Subtotals only
1.3.1 Manipulation	2	274	Std. Mean Difference (IV, Random, 95% CI)	-0.35 [-0.66, -0.04]
1.3.2 Superviserede	3	394	Std. Mean Difference (IV, Random, 95% CI)	0.01 [-0.19, 0.21]
1.4 Funktionsevne (12 måneder)	6		Std. Mean Difference (IV, Random, 95% CI)	Subtotals only
1.4.1 Manipulation	3	380	Std. Mean Difference (IV, Random, 95% CI)	-0.31 [-0.51, -0.11]
1.4.2 Superviserede	4	457	Std. Mean Difference (IV, Random, 95% CI)	-0.30 [-0.62, 0.02]
1.6 smertehåndtering	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.8 andel tilbage på arbejde (12 mdr)	0		Risk Ratio (IV, Fixed, 95% CI)	No totals
1.9 Lumbal operation	4		Risk Ratio (IV, Random, 95% CI)	Subtotals only
1.9.1 Manipulation	1	82	Risk Ratio (IV, Random, 95% CI)	0.82 [0.05, 12.70]
1.9.2 Superviserede	4	468	Risk Ratio (IV, Random, 95% CI)	1.00 [0.27, 3.77]

1.10 Drop out, kort tid	6				Risk Ratio (IV, Random, 95% CI)	Subtotals only
1.10.1 Manipulation	3	376			Risk Ratio (IV, Random, 95% CI)	0.53 [0.10, 2.66]
1.10.2 Superviserede	4	468			Risk Ratio (IV, Random, 95% CI)	0.37 [0.18, 0.79]
1.11 Arbejdsevne, dage sygemeldt (op til 12 md)	2				Std. Mean Difference (IV, Random, 95% CI)	Subtotals only
1.11.1 Superviserede	2	117			Std. Mean Difference (IV, Random, 95% CI)	-0.18 [-0.55, 0.18]
1.12 Neurologiske udfald, kort tid	2				Risk Ratio (IV, Random, 95% CI)	Subtotals only
1.12.1 Superviserede	2	244			Risk Ratio (IV, Random, 95% CI)	0.22 [0.03, 1.85]

2 superviseret øvelsesterapi vs. manuelle ledmobilerende teknikker

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
2.1 Bemserte (VAS mm) (op til 12 uger)	2	97	Mean Difference (IV, Random, 95% CI)	-3.00 [-14.72, 8.72]
2.2 Rygsmerter (VAS mm) (op til 12 uger)	2	447	Std. Mean Difference (IV, Random, 95% CI)	-0.12 [-0.31, 0.07]
2.3 Funktionsevne (op til 12 uger)	2	447	Std. Mean Difference (IV, Random, 95% CI)	-0.10 [-0.29, 0.08]
2.4 Funktionsevne (12 måneder)	2	447	Std. Mean Difference (IV, Random, 95% CI)	-0.20 [-0.39, -0.01]
2.6 smertehåndtering	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
2.8 andel tilbage på arbejde (12 mdr)	1	113	Risk Ratio (IV, Fixed, 95% CI)	0.90 [0.76, 1.07]
2.9 Lumbal operation	2	447	Risk Ratio (IV, Random, 95% CI)	1.08 [0.19, 6.07]
2.10 Drop out, kort tid	2	447	Risk Ratio (IV, Random, 95% CI)	0.75 [0.39, 1.47]
2.11 Arbejdsevne, dage sygemeldt (op til 12 md)	0	0	Std. Mean Difference (IV, Random, 95% CI)	Not estimable

2.12 Neurologiske udfald, kort tid	0	0	Risk Ratio (IV, Random, 95% CI)	Not estimable
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Figures

Figure 1 (Analysis 1.1)

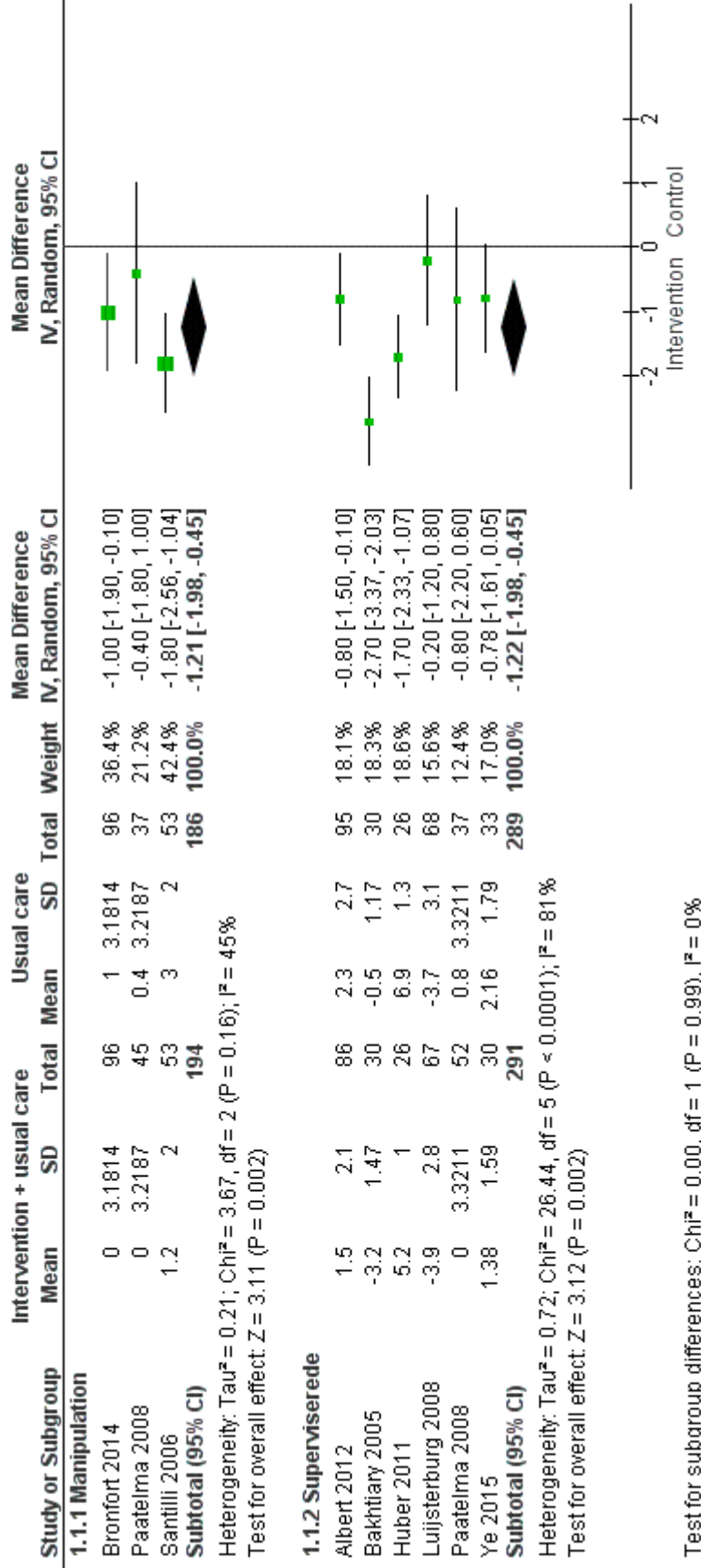
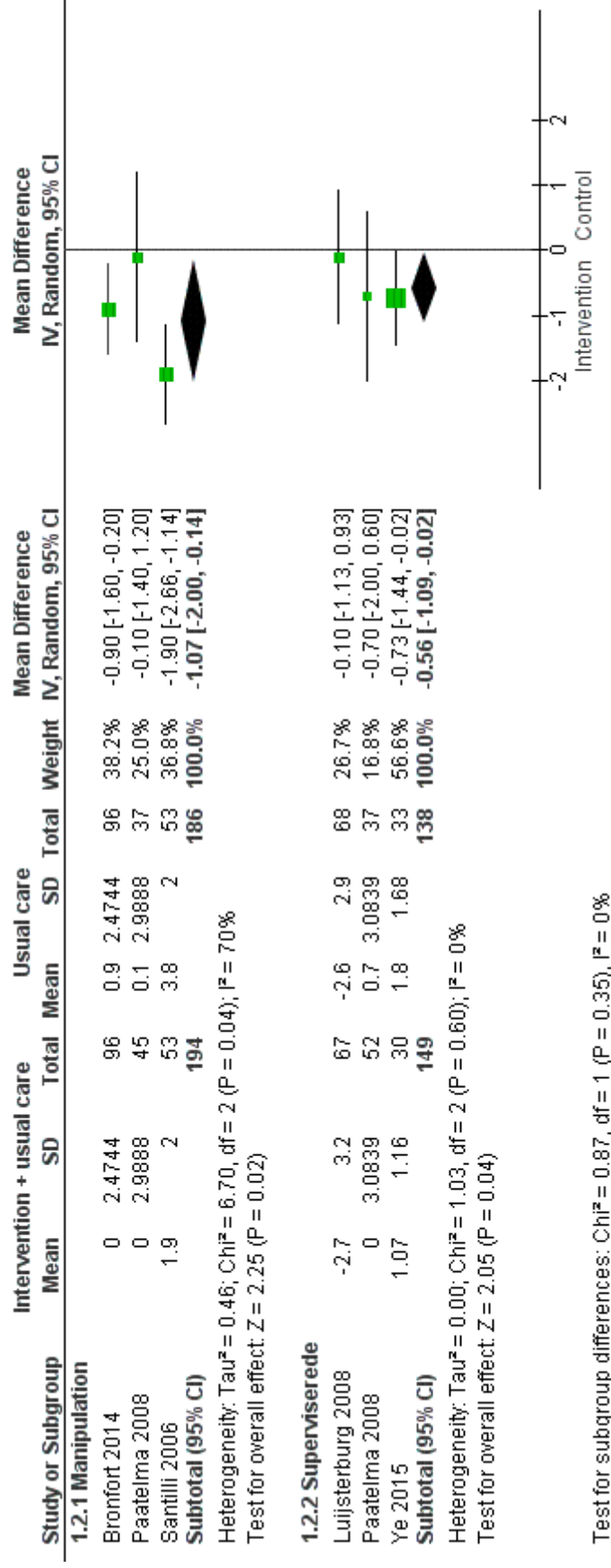


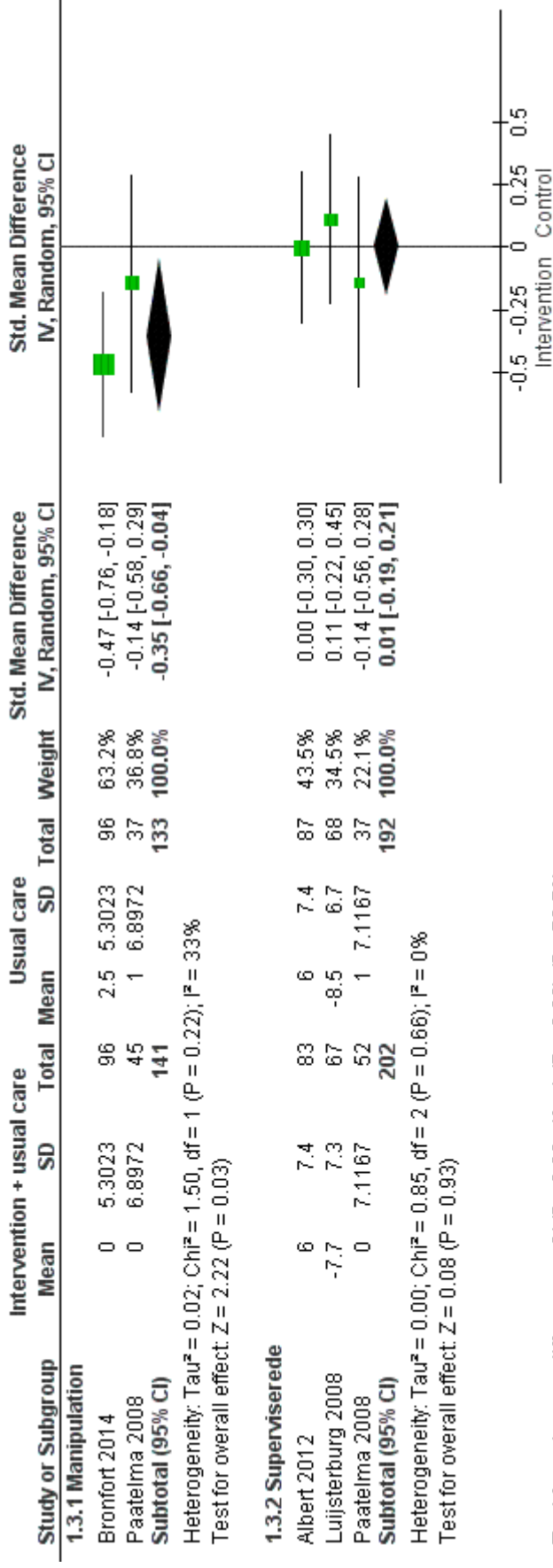
Figure 2 (Analysis 1.2)



Test for subgroup differences: $Chi^2 = 0.87$, $df = 1$ ($P = 0.35$), $I^2 = 0\%$

Forest plot of comparison: 1 Intervention + usual care vs usual care (indirekte evidens), outcome: 1.2 Rygsmerter (op til 12 uger).

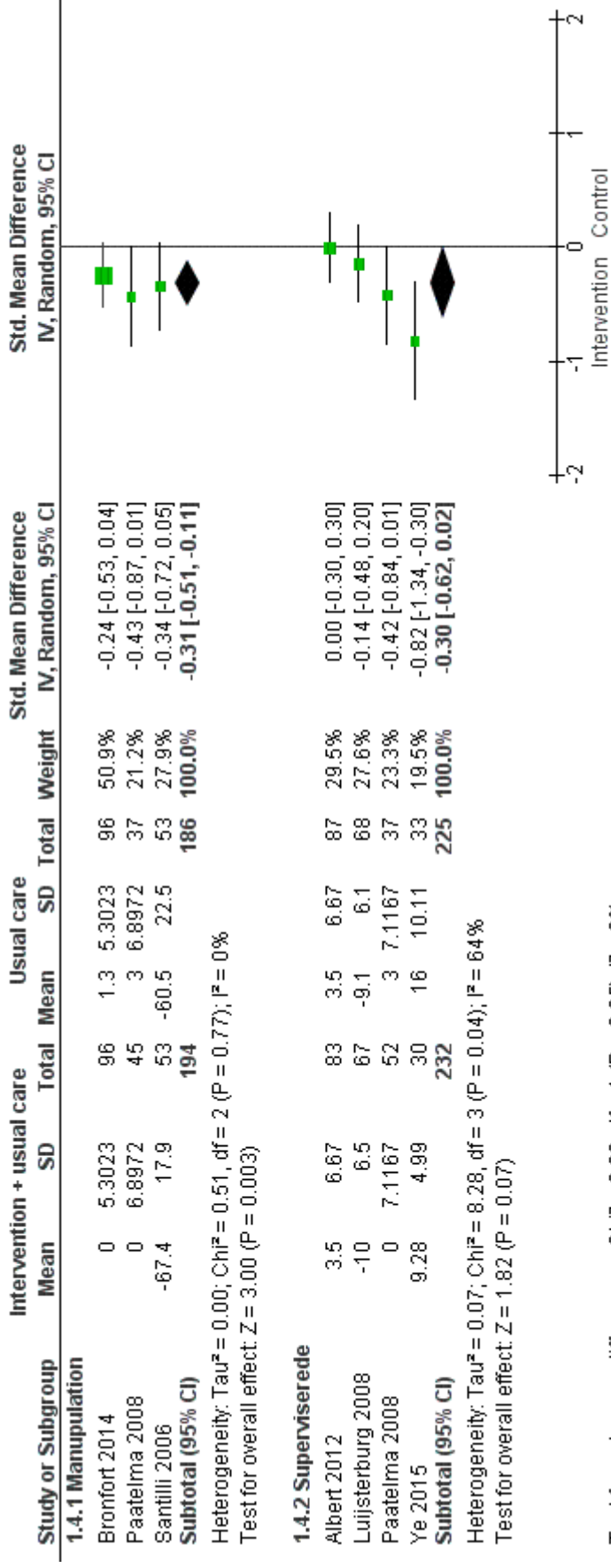
Figure 3 (Analysis 1.3)



Test for subgroup differences: Chi² = 3.66, df = 1 (P = 0.06), I² = 72.7%

Forest plot of comparison: 1 Intervention + usual care vs usual care (indirekte evidens), outcome: 1.3 Funktionsevne (op til 12 uger).

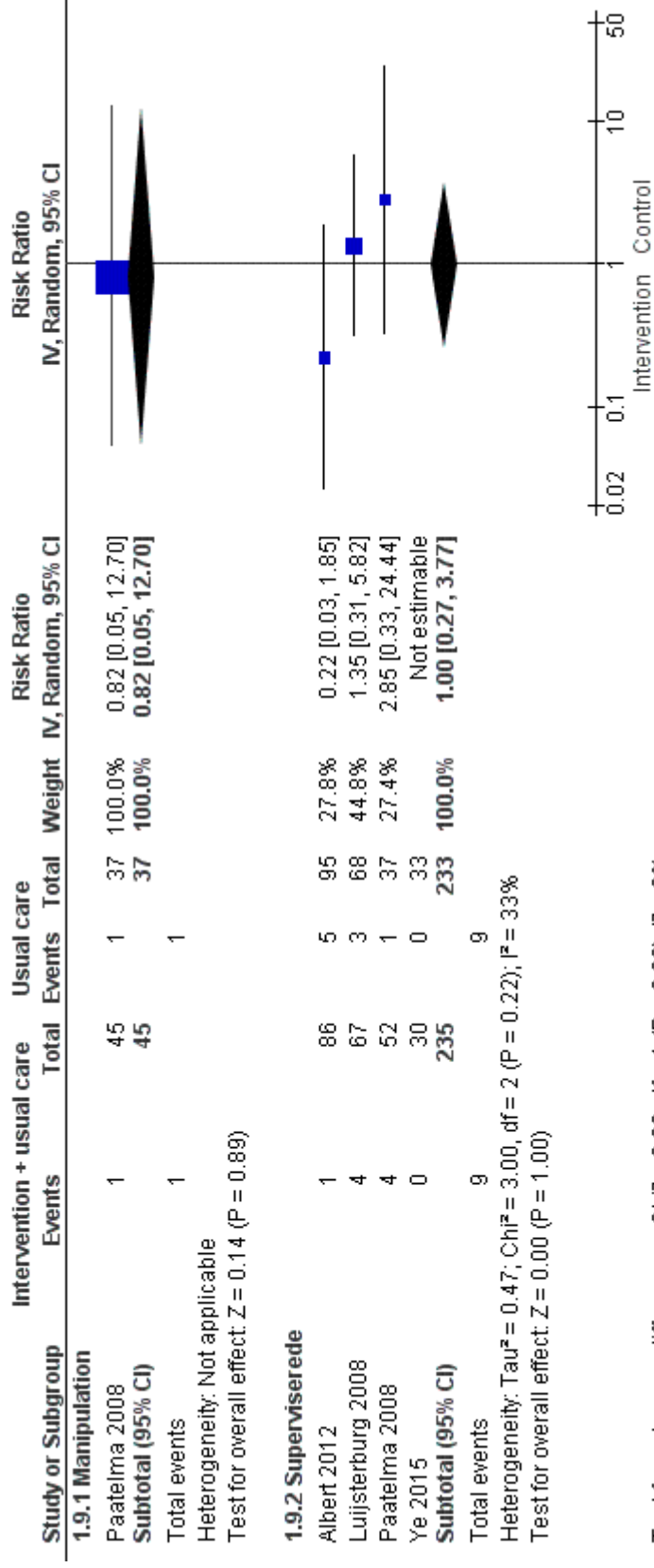
Figure 4 (Analysis 1.4)



Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.95), I² = 0%

Forest plot of comparison: 1 Intervention + usual care vs usual care (indirekte evidens), outcome: 1.4 Funktionsevne (12 måneder).

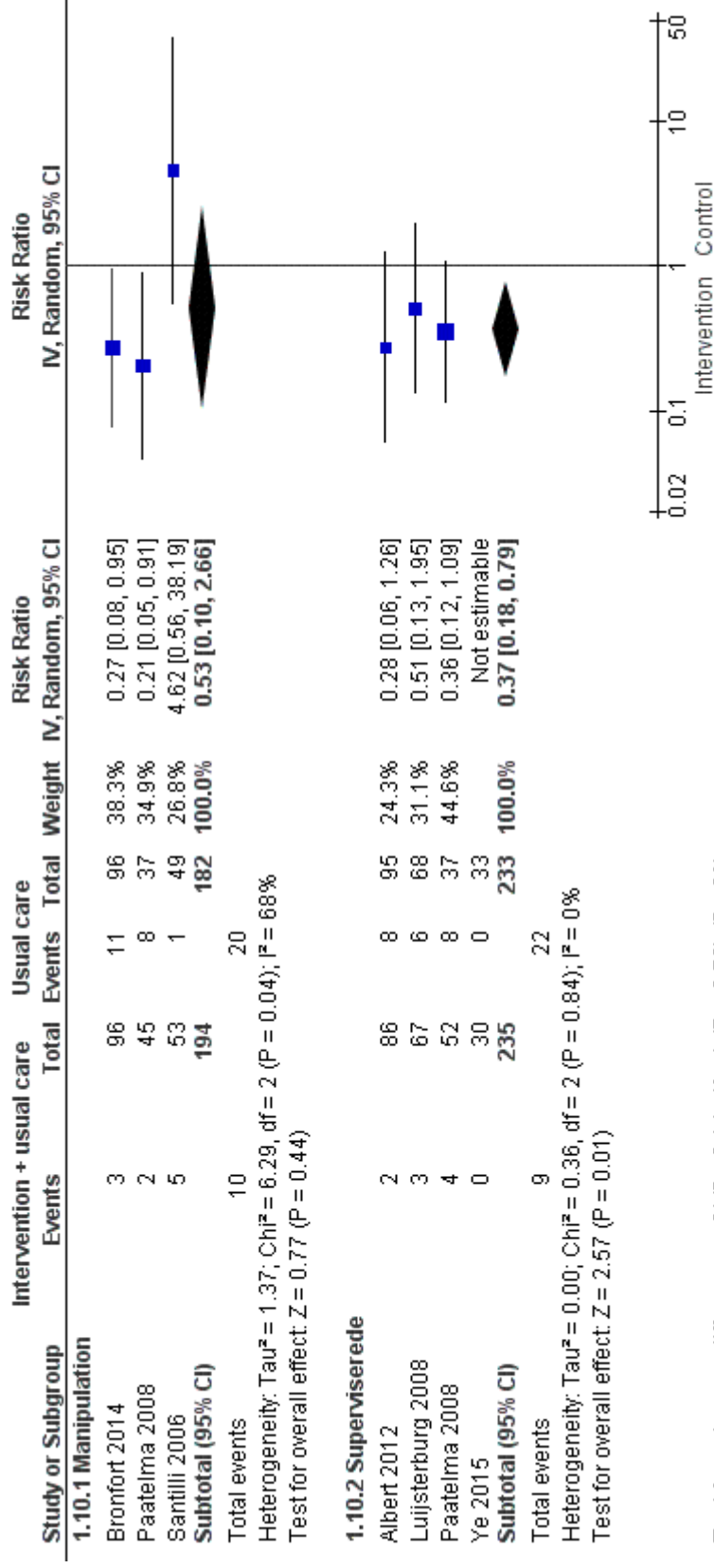
Figure 5 (Analysis 1.9)



Test for subgroup differences: Chi² = 0.02, df = 1 (P = 0.90), I² = 0%

Forest plot of comparison: 1 Intervention + usual care vs usual care (indirekte evidens), outcome: 1.9 Lumbal operation.

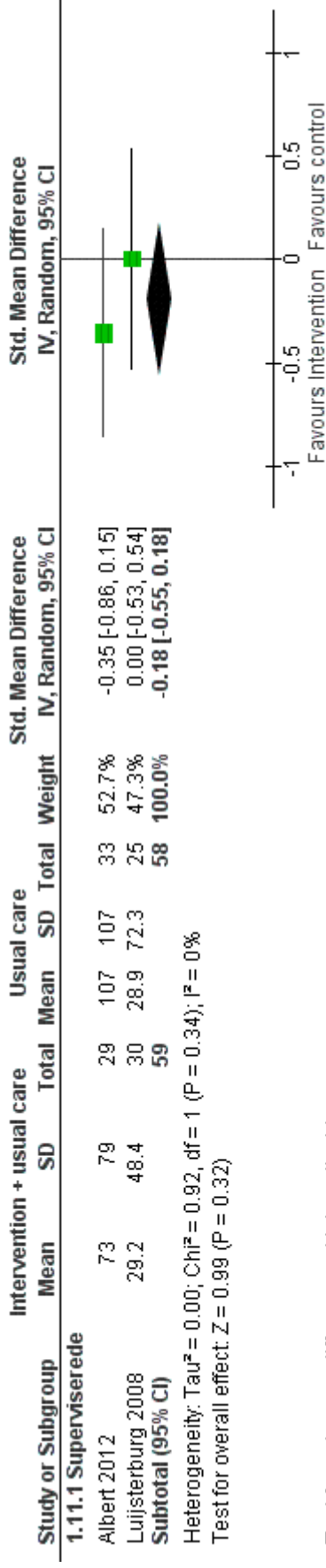
Figure 6 (Analysis 1.10)



Test for subgroup differences: Chi² = 0.14, df = 1 (P = 0.70), I² = 0%

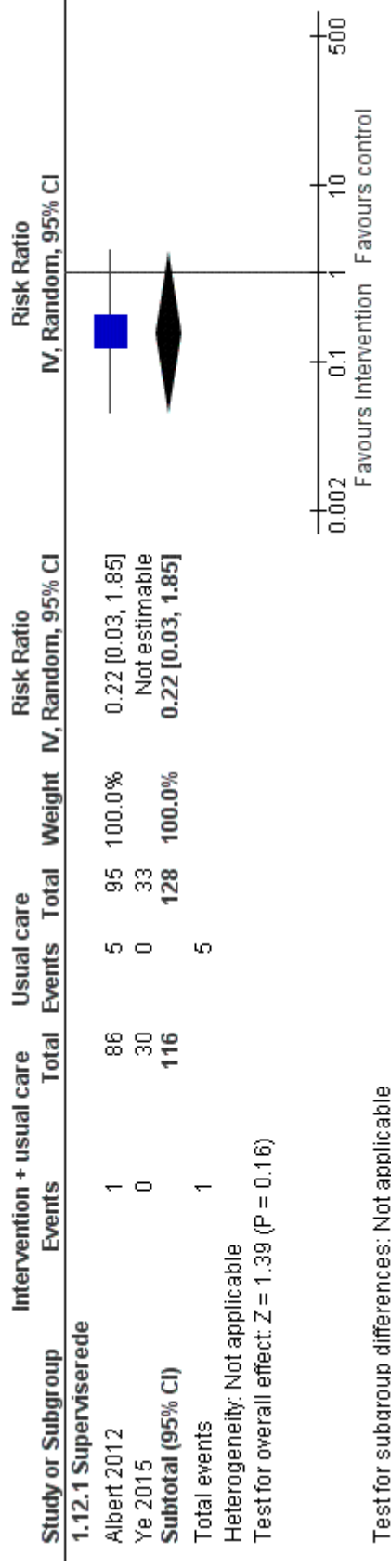
Forest plot of comparison: 1 Intervention + usual care vs usual care (indirekte evidens), outcome: 1.10 Drop out, kort tid.

Figure 7 (Analysis 1.11)



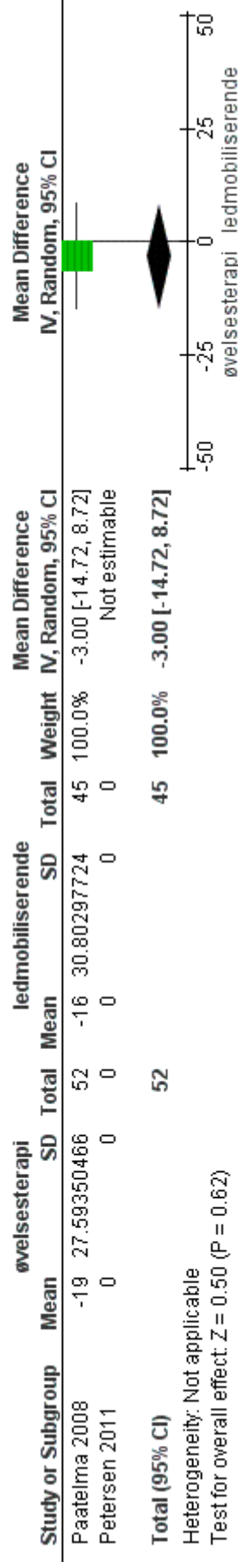
Forest plot of comparison: 1 Intervention + usual care vs usual care (indirekte evidens), outcome: 1.11 Arbejdsevne, dage sygemeldt (op til 12 md).

Figure 8 (Analysis 1.12)



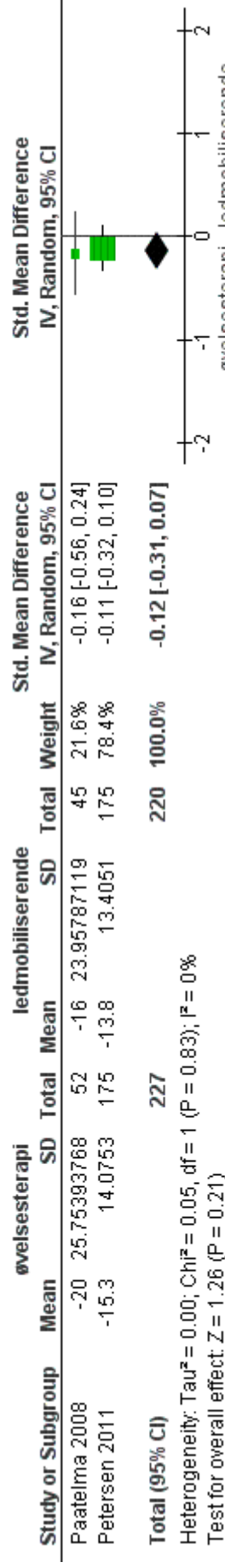
Forest plot of comparison: 1 Intervention + usual care vs usual care (indirekte evidens), outcome: 1.12 Neurologiske udfald, kort tid.

Figure 9 (Analysis 2.1)



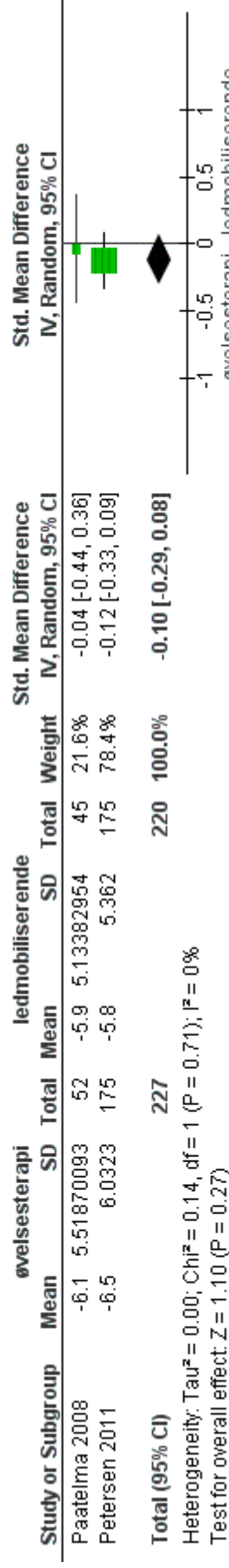
Forest plot of comparison: 2 superviseret øvelsesterapi vs. manuelle ledmobilerende teknikker, outcome: 2.1 Bemserte (VAS mm) (op til 12 uger).

Figure 10 (Analysis 2.2)



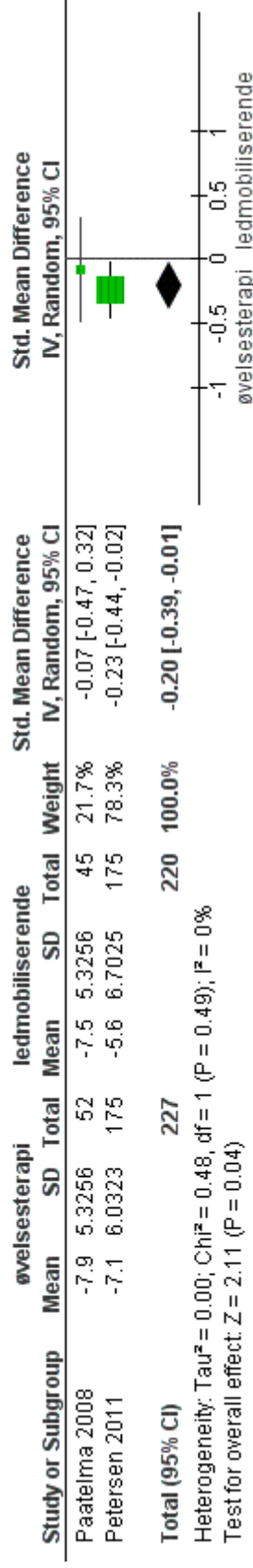
Forest plot of comparison: 2 superviseret øvelsesterapi vs. manuelle ledmobilerende teknikker, outcome: 2.2 Rygsmerter (VAS mm) (op til 12 uger).

Figure 11 (Analysis 2.3)



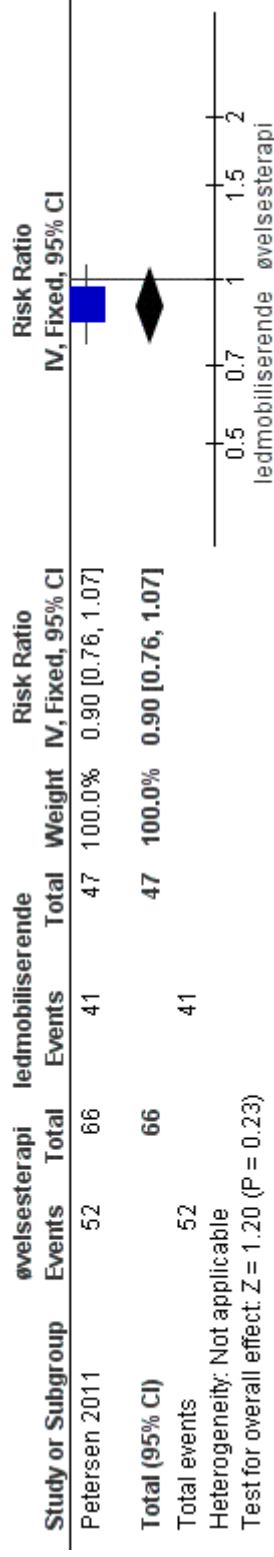
Forest plot of comparison: 2 superviseret øvelsesterapi vs. manuelle ledmobilerende tekniker, outcome: 2.3 Funktionsevne (op til 12 uger).

Figure 12 (Analysis 2.4)



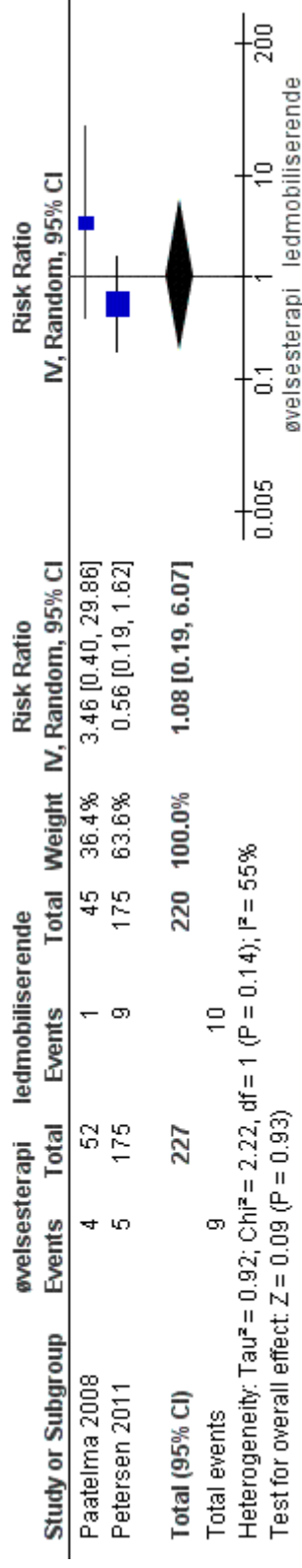
Forest plot of comparison: 2 superviseret øvelsesterapi vs. manuelle ledmobilerende tekniker, outcome: 2.4 Funktionsevne (12 måneder).

Figure 13 (Analysis 2.8)



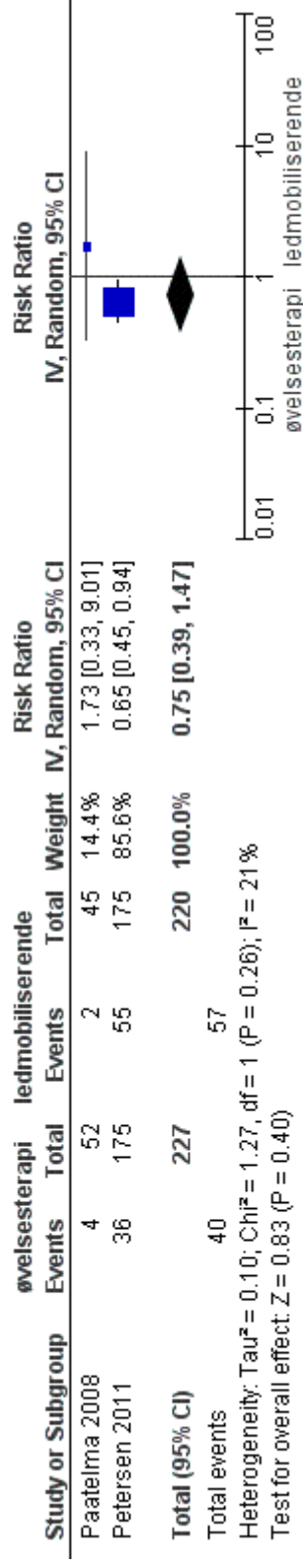
Forest plot of comparison: 2 superviseret øvelsesterapi vs. manuelle ledmobilerende tekniker, outcome: 2.8 andel tilbage på arbejde (12 mdr).

Figure 14 (Analysis 2.9)



Forest plot of comparison: 2 supervised exercise therapy vs. manual mobilization techniques, outcome: 2.9 Lumbar operation.

Figure 15 (Analysis 2.10)



Forest plot of comparison: 2 supervised exercise therapy vs. manual mobilization techniques, outcome: 2.10 Drop out, kort tid.