

Review CAT

Specific Question: In Adults with chronic low back pain are core stability exercises more effective in improving function and decreasing pain compared to a general exercise programme?

Clinical bottom line

In adults with chronic low back pain core stability exercises are not superior to other forms of exercise in improving function and decreasing pain. Clinical practice should aim to promote general exercise.

Why is this important?

Low back pain is a common condition which is treated in outpatient physiotherapy departments. Current evidence suggests that no single exercise is superior to another. Core stability exercises are among the most commonly used interventions in the treatment of back pain but could the use of a more general approach to exercise be just as effective?

Search timeframe

2010-2017

Inclusion Criteria

	Description	Search terms
Population and Setting	Adults with chronic low back pain	Non-specific low back pain
Intervention or Exposure	Core stability exercises	Stabilisation exercises
Comparison, if any	General exercise	Strengthening exercise, aerobic exercise, mobilization exercise
Outcomes of interest	Function pain	Quality of life, recovery of function, pain reduction
Types of studies	RCT's, Meta analysis, Systematic review	

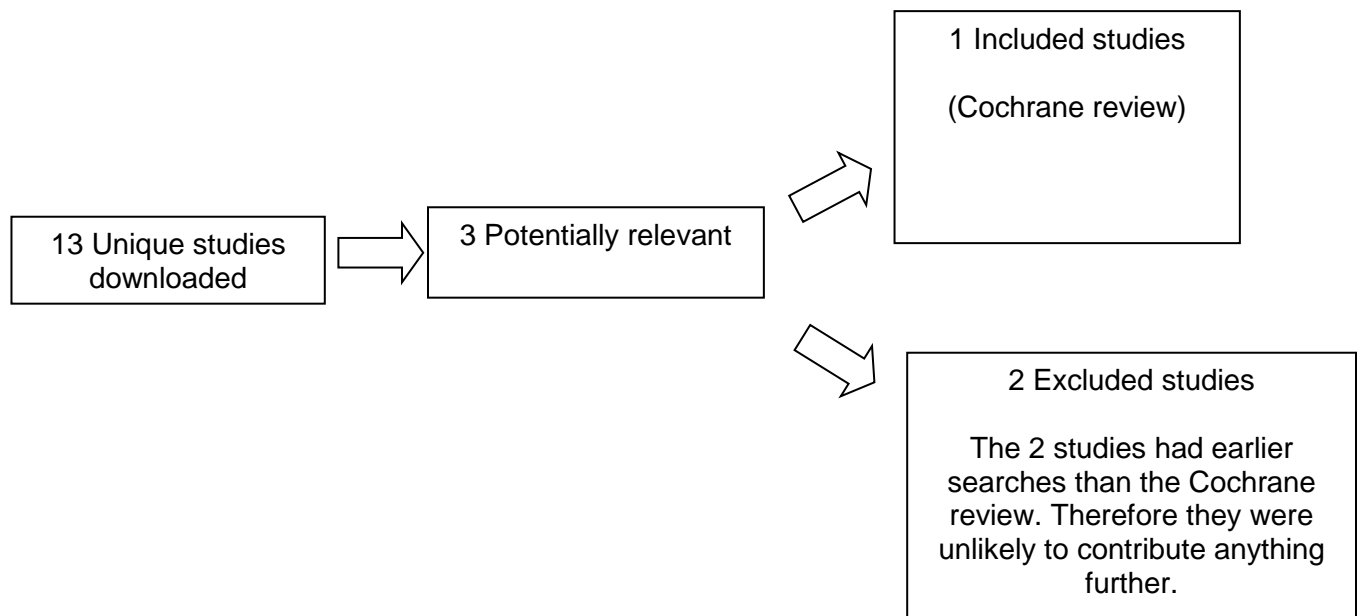
Routine Databases Searched

Clinical Knowledge Summaries, PEDro, BMJ Updates, Clinical Evidence, TRIP, Database, NICE, HTA, Bandolier, The Cochrane Library, Medline, Cinahl, Embase, PsycInfo, Professional websites. Joanna Briggs Institute, Web of science, Sports discuss and Pub med, NHS Evidence

Date of search

9th-10th March 2017

Results of the search



Getting Evidence into Clinical Practice:
Musculoskeletal Research Facilitation Group (CAT Group)
Date: 9/1/2018

Table 1- Detail of included studies

First Author, year and type of study	Population and setting	Intervention or exposure tested	Study results	Assessment of quality and comments
Saragiotto et al 2016 Systematic Review and Meta Analysis	Population - middle aged people Recruited from primary and tertiary care In total 2431 participants were enrolled In 29 trials	Motor control exercise (MCE) Randomised controlled trials were included that compared MCE with no treatment, another treatment or that added MCE as a supplement to other interventions. Primary outcome pain and disability	Little or no difference is observed between motor control exercise and other forms of exercise.	High quality Systematic review and Meta- analysis from the Cochrane Collaboration

Implications for Practice/research

The choice of exercise for chronic low back pain should probably depend on patient and therapist preferences taking into account therapist training, costs and safety. No form of exercise is superior to another.

What would you tweet? (140 characters)

In chronic low back pain, motor control exercise is not superior to others forms of exercise for the improvement of pain and function.

References

Saragiotto BT, Maher CG, Yamato TP, Costa LP, Menezes Costa LC, Ostelo RWJG, Macedo LG. Motor control exercise for chronic non-specific low-back pain. Cochrane Database of Systematic Reviews 2016. Issue 1. Art. No.:Cd12004. DOI: 10.1002/14651858.CD012004