

Appendix Table 2. Results Available for Trials Included in Systematic Review*

Study, Year (Reference)	Rating of Results†	Outcome Measures Reported (Scale)	Initial Pain Intensity		Pain Intensity at Follow-up					
					Short-Term		Intermediate		Long-Term	
			Ex	C	Ex	C	Ex	C	Ex	C
Acute populations										
Chok et al., 1999 (62)‡	Positive	Pain (VAS), function (RMDQ)	23.0 ± 24.0	26.7 ± 19.7	10.2 ± 29.9	22.8 ± 18.5	8.1 ± 34.7	20.1 ± 24.4		
Delitto et al., 1993 (65)	Unclear	Function (ODQ)								
Faas et al., 1993 (37)	Neutral	Pain (VAS/85 points), function (LOM), RTW	36.1	36.6	17.1 ± 21.0	14.6 ± 22.0	12.1 ± 24.0	12.6 ± 30.0	10.1 ± 23.0	9.6 ± 26.0
Farrell and Twomey, 1982 (68)	Neutral	Pain (VAS/10 points), function (BU), global	5.2	4.9	0.3	0.3				
Gilbert et al., 1985 (69)§	Neutral	Pain (MPQ), function (ADS)	22.7 ± 6.7	25.2 ± 8.6	7.5 ± 1.2	7.7 ± 2.0				
Hides et al., 1996 (95)	Neutral	Pain (VAS), function (RMDQ)	42	47	0	11				
Malmivaara et al., 1995 (25)	Negative	Pain (VAS/10 points), function (ODQ), RTW	6.1	5.9	3.1	2.4	1.8 ± 1.8	2.1 ± 1.8		
Seferlis et al., 1998 (76)	Neutral	Pain (VAS/10 points), function (ODQ), RTW	5.1 ± 1.4	5.1 ± 1.4	4.6 ± 1.7	4.6 ± 1.7	3.5 ± 2.6	3.5 ± 2.6	2.5 ± 1.7	2.5 ± 1.7
Stankovic and Johnell, 1990 (54)	Unclear	Pain (VAS), RTW		5.1 ± 1.4		4.6 ± 1.7		3.5 ± 2.6		2.5 ± 1.7
Underwood and Morgan, 1998 (80)	Neutral	Pain (VAS), function (ODQ), RTW, global	44.4	50.4	18.0 ± 28.4	23.4 ± 28.4	11.1 ± 27.6	12.0 ± 27.6	8.6 ± 31.8	13.7 ± 31.8
Waterworth and Hunter, 1985 (81)	Unclear	Pain (Likert/4 points), global	2.1	2.0	0.4	0.4				
Subacute populations										
Cherkin et al., 1998 (35)	Neutral	Pain (VAS/10 points), function (RMDQ/23 points), RTW	6.0 ± 2.5	5.5 ± 2.1	2.3 ± 2.9	1.9 ± 3.3	2.7 ± 2.8	2.0 ± 2.2	2.0	1.6
Davies et al., 1979 (64)	Unclear	Pain (VAS), RTW, global	11.2 ± 4.4	8.7 ± 3.3	5.0 ± 6.0	6.0 ± 5.1	1.8 ± 3.6	3.7 ± 5.4		
Lindström et al., 1992 (22)	Unclear	Pain (VAS), RTW	41.3 ± 28.2	44.5 ± 28.8		3.1 ± 3.2		3.2 ± 3.2		2.8
Moffett et al., 1999 (47)	Positive	Pain (APS), function (RMDQ), RTW	27.9 ± 11.1	25.5 ± 10.9	16.4 ± 9.9	16.5 ± 9.9	17.7 ± 12.0	17.4 ± 12.0	15.0 ± 11.2	17.0 ± 11.2
Staal et al., 2004 (90)	Positive	Pain (NRS/10 points), function (RMDQ), RTW	6.7 ± 1.8	6.4 ± 1.7	2.8 ± 2.4	2.5 ± 2.8	2.9 ± 3.1	2.7 ± 2.8		
Storheim et al., 2003 (91)	Neutral	Pain (VAS), function (RMDQ), RTW	53.2 ± 23.2	55.7 ± 19.6			38.3 ± 22.4	34.8 ± 25.1		
Chronic populations										
Alexandre et al., 2001 (56)	Neutral	Pain (VAS/10 points)	5.7 ± 8.3	5.8 ± 14.7	0.6 ± 8.6	3.7 ± 11.3				
Aure et al., 2003 (32)	Positive	Pain (VAS), function (ODQ), RTW	55.0 ± 18.6		22.0 ± 18.6		22.0 ± 21.2		21.0 ± 18.6	
Bendix et al., 2000 (60)‡	Neutral	Pain (NRS), function (MRS), RTW, global	54.0 ± 23.9		37.0 ± 26.3		42.0 ± 23.9		35.0 ± 23.9	
Bendix et al., 1995 (57)‡	Neutral	Pain (VAS/10 points), function (ADL/30 points), RTW	6.0 ± 1.5						5.7 ± 3.9	
	Positive		5.1 ± 2.7						5.1 ± 4.5	
	Negative		5.3				2.7 ± 2.3		3.3 ± 3.4	
			5.4	5.9			4.4 ± 2.9	5.6 ± 2.9	5.3 ± 3.3	6.5 ± 2.5

Appendix Table 2—Continued

Initial Functional Impairment		Functional Impairment at Follow-up					
		Short-Term		Intermediate		Long-Term	
Ex	C	Ex	C	Ex	C	Ex	C
11.5 ± 4.0	11.0 ± 4.7	4.0 ± 6.4	9.5 ± 4.0	3.0 ± 5.8	4.0 ± 5.4		
41.0 ± 3.5		32.0 ± 4.0					
34.0 ± 4.0		10.0 ± 4.0					
24.3	24.1	15.3 ± 19.0	13.1 ± 17.0	12.3 ± 20.0	12.1 ± 18.0	10.3 ± 19.0	10.1 ± 18.0
	23.3		13.3 ± 18.0		10.3 ± 19.0		8.3 ± 19.0
1.8	1.9	1.2	1.1				
35.9 ± 13.7	36.3 ± 13.1	21.3 ± 9.2	24.3 ± 10.0				
40.4 ± 16.4	36.6 ± 12.4	24.4 ± 8.8	20.9 ± 8.5				
10.3	13.6	0	3				
33.8	34.6	18.6 ± 16.4	16.0 ± 16.4	10.8 ± 10.2	11.8 ± 10.2		
	32.0 ± 0.0		10.0 ± 0.0		7.4 ± 0.0		
30.0 ± 18.0	30.0 ± 18.0	20.0 ± 18.0	20.0 ± 18.0	11.7 ± 12.0	11.7 ± 12.0	9.8 ± 11.0	9.8 ± 11.0
30.0 ± 18.0		20.0 ± 18.0		11.7 ± 12.0		9.8 ± 11.0	
26.2	35.6	7.6 ± 19.6	11.5 ± 19.6	4.7 ± 20.4	7.0 ± 20.4	4.7 ± 20.4	8.0 ± 20.4
12.2 ± 5.6	12.1 ± 5.5	4.1 ± 4.6	3.7 ± 4.4	4.1 ± 5.0	3.1 ± 4.4	2.6	2.6
	11.7 ± 5.4		4.9 ± 4.3		4.3 ± 4.9		4.5
6.7 ± 4.0	5.6 ± 3.9	3.8 ± 3.2	3.6 ± 3.2	3.7 ± 3.9	3.9 ± 3.9	3.5 ± 3.7	3.8 ± 3.7
13.3 ± 4.6	13.0 ± 4.9	6.3 ± 6.7	4.9 ± 6.2	7.8 ± 6.6	6.4 ± 6.6		
8.2 ± 3.5	8.9 ± 3.4			6.1 ± 3.8	5.5 ± 4.1		
39.0 ± 13.2		18.0 ± 13.2		16.0 ± 13.2		17.0 ± 13.2	
39.0 ± 14.3		30.0 ± 12.0		30.0 ± 14.3		26.0 ± 14.3	
16.0 ± 7.4						13.0 ± 8.8	
16.0 ± 5.9						12.0 ± 13.2	
15.5				8.5 ± 9.5		8.9 ± 6.0	
14.4	15.3			13.5 ± 5.1	16.1 ± 7.5	13.7 ± 6.9	16.4 ± 3.8

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Appendix Table 2—Continued

Study, Year (Reference)	Rating of Results†	Outcome Measures Reported (Scale)	Initial Pain Intensity		Pain Intensity at Follow-up						
					Short-Term		Intermediate		Long-Term		
			Ex	C	Ex	C	Ex	C	Ex	C	
Bentsen et al., 1997 (33)	Unclear	Function (Million), RTW									
	Neutral										
Bronfort et al., 1996 (34)	Neutral	Pain (VAS/10 points), function (RMDQ)	5.3 ± 1.5	5.4 ± 1.4	3.4 ± 1.9	3.9 ± 2.1	2.7 ± 2.0	3.3 ± 2.3	2.9	2.9	
	Neutral		5.5 ± 1.7		3.6 ± 2.2		3.5 ± 2.2		3.2		
Buswell, 1982 (61)	Unclear	Pain (unknown measure)	6.0 ± 0.0		2.8 ± 0.0						
	Unclear		5.5 ± 0.0		2.5 ± 0.0						
Calmels et al., 2004 (83)	Neutral	Pain (VAS), function (QDI)									
	Neutral										
Dalichau and Scheele, 2000 (63)	Unclear	Pain (VAS/10 points), function (ODQ)	6.3	5.5	2.1	5.5	3.3	5.6			
	Unclear		5.8		3.1		5.2				
Descarreux et al., 2002 (66)	Negative	Pain (VAS), function (ODQ)	31.3		27.8 ± 9.0						
	Positive		30.9		16.6 ± 9.7						
Deyo et al., 1990 (18)	Positive	Pain (VAS), function (SIP), global	43.6	38.9	19.8 ± 20.4	25.9 ± 20.4	26.5 ± 24.6	25.6 ± 24.6			
Elnaggar et al., 1991 (36)	Positive	Pain (MPQ)	15.9 ± 7.8		10.6 ± 8.6						
	Positive		14.1 ± 9.8		8.9 ± 9.4						
Frost et al., 1995 (19)	Positive	Pain (VAS), function (ODQ)	20.9 ± 12.3	25.6 ± 17.9	12.1 ± 9.9	22.1 ± 20.1					
Frost et al., 2004 (84)	Neutral	Function (ODQ), global									
Galantino et al., 2004 (85)‡	Unclear	Function (ODQ)									
Gur et al., 2003 (86)	Neutral	Pain (VAS/10 points), function (RMDQ)	6.2 ± 2.1	6.1 ± 1.9	1.8 ± 1.2	1.9 ± 1.4					
	Neutral		6.5 ± 1.6		2.9 ± 1.3						
Hansen et al., 1993 (21)‡	Neutral	Pain (VAS/9 points), global	3.5 ± 0.9	4.0 ± 0.8	3.0 ± 0.7	3.0 ± 0.4	4.0 ± 1.2	4.0 ± 0.8	2.5 ± 0.8	3.0 ± 0.8	
				5.0 ± 0.8		3.0 ± 0.8		4.0 ± 0.8		4.0 ± 1.0	
Hemmilä et al., 1997 (40)	Positive	Pain (VAS)	40.0	46.0	30.0	30.0	29.0	25.0			
				43.0		25.0		25.0			
Hildebrandt et al., 2000 (43)	Positive	Global									
Johanssen et al., 1995 (70)‡	Unclear	Pain (Likert/9 points), function (ADL/12 points), RTW	6.0 ± 1.7		5.0 ± 2.6		4.0 ± 2.6				
	Unclear		6.0 ± 1.7		3.0 ± 3.5		4.0 ± 2.6				
Jouset et al., 2004 (87)	Neutral	Pain (VAS/10 points), function (QDI), RTW	5.0 ± 2.2				3.1 ± 2.5				
	Neutral		4.6 ± 2.2				4.0 ± 2.8				
Kankaanpää et al., 1999 (44)	Positive	Pain (VAS), function (PDI)	54.1 ± 19.6	42.8 ± 28.4	36.8 ± 28.8	44.9 ± 26.7	35.9 ± 27.4	46.0 ± 20.5	28.0 ± 18.6	44.4 ± 22.5	
Kendall and Jenkins, 1968 (71)	Unclear	Global									
	Unclear										
	Unclear										
Kuukkanen and Mälkiä, 2000 (72)	Neutral	Pain (VAS/11 points), function (ODQ)	1.9 ± 1.5	1.8 ± 1.7	1.3 ± 1.2	1.1 ± 1.3	1.0 ± 1.3	1.3 ± 1.6	1.0 ± 1.3	1.3 ± 1.8	
Lidström and Zachrisson, 1970 (73)	Unclear	Global									
Lie and Frey, 1999 (74)	Negative	Global (COS), includes pain and function									
	Positive										

Appendix Table 2—Continued

Initial Functional Impairment		Functional Impairment at Follow-up					
		Short-Term		Intermediate		Long-Term	
Ex	C	Ex	C	Ex	C	Ex	C
33.3 ± 17.8	34.7 ± 17.9	19.1 ± 19.3	20.8 ± 17.3	15.1 ± 17.4	18.4 ± 17.1		
35.0 ± 16.9		20.8 ± 17.8		20.9 ± 17.0			
48.0 ± 10		42.0 ± 18					
47.0 ± 14		43.0 ± 15					
60.0	50.0	40.0	49.0	45.0	52.0		
55.0		42.0		52.0			
6.5	6.9	3.2 ± 3.1	3.2 ± 3.1	3.5 ± 4.0	2.5 ± 4.0		
23.6 ± 9.7	23.6 ± 12.3	16.3 ± 10.3	21.2 ± 14.2	15.1 ± 8.3	23.4 ± 15.2	15.4 ± 11.3	22.5 ± 15.4
21.12 ± 11.08	21.6 ± 11.0	18.47 ± 9.34	20.27 ± 9.29	18.23 ± 11.59	19.8 ± 10.61	17.85 ± 10.99	19.4 ± 11.47
24.98 ± 10.28	36.73 ± 18.49	21.15 ± 10.18	38.91 ± 17.56				
17.8 ± 4.6	16.3 ± 3.9	6.3 ± 3.5	6.6 ± 2.9				
15.1 ± 4.2		5.5 ± 3.2					
5.0 ± 2.6		3.0 ± 3.5		2.0 ± 2.6			
6.0 ± 5.2		2.0 ± 4.3		1.0 ± 4.3			
34.6 ± 15.4				22.0 ± 16			
31.6 ± 15.9				22.9 ± 17.7			
12.3 ± 10.1	10.1 ± 7.6	10.4 ± 11.9	11.6 ± 10.9	6.1 ± 5.8	13.3 ± 10.8	5.3 ± 8.1	9.8 ± 9.0
17.0 ± 9.5	14.0 ± 8.7	10.0 ± 7.6	11.0 ± 7.8	8.0 ± 6.6	12.0 ± 9.0	0.0 ± 0.0	10.0 ± 9.5
						6.0 ± 5.2	

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Appendix Table 2—Continued

Study, Year (Reference)	Rating of Results†	Outcome Measures Reported (Scale)	Initial Pain Intensity		Pain Intensity at Follow-up						
					Short-Term		Intermediate		Long-Term		
			Ex	C	Ex	C	Ex	C	Ex	C	
Manniche et al., 1988 (26)‡	Unclear	Pain (VAS/30 points), function (ADL/15 points)	13.3 ± 4.9		5.7 ± 9.4		5.0 ± 10.7				
	Unclear		14.0 ± 6.9		10.3 ± 9.7		11.1 ± 10.8				
Mannion et al., 1999 (29)	Positive	Pain (VAS/10 points), function (RMDQ)	4.2 ± 1.8		3.1 ± 2.1		2.8 ± 2.1			2.9 ± 2.2	
	Positive		4.1 ± 1.8		3.6 ± 2.5		3.1 ± 2.3			3.2 ± 2.2	
Moseley et al., 2002 (48)	Neutral		4.4 ± 1.8		3.2 ± 2.2		3.2 ± 2.0			3.2 ± 2.0	
	Positive	Pain (NRS), function (RMDQ/18 points)	4.8 ± 0.0	4.5 ± 0.0	1.9 ± 1.5	3.1 ± 1.5					
Niemistö et al., 2003 (88)	Positive	Pain (VAS), function (ODQ), RTW	60.0 ± 21.0	53.3 ± 21.2			25.0 ± 23.0	36.1 ± 23.3	26.0 ± 23.0	32.2 ± 23.3	
Peterson et al., 2002 (49)‡	Neutral	Pain (VAS/60 points), function (MRS), RTW, global	19.0 ± 13.4		14.0 ± 18.1		17.0 ± 18.1			18.0 ± 14.2	
	Positive		18.5 ± 13.8		10.0 ± 37.8		13.0 ± 30.7			14.0 ± 31.5	
Preyde, 2000 (50)	Neutral	Pain (PPI), function (RMDQ)	2.2 ± 0.7	2.2 ± 0.8	1.6 ± 0.8	1.0 ± 0.7	1.3 ± 0.8	1.2 ± 1.5			
	Positive		2.4 ± 0.8	2.0 ± 0.7	0.4 ± 0.6	1.6 ± 0.8	0.4 ± 0.6	1.8 ± 0.6			
Rasmussen-Barr et al., 2003 (89)‡	Neutral	Pain (VAS), function (ODQ)	33.0 ± 23.53	32.0 ± 25.0	20.0 ± 17.65	24.0 ± 33.82	14.0 ± 16.18	22.0 ± 33.82	13.0 ± 14.71	18.0 ± 29.4	
Risch et al., 1993 (75)	Positive	Pain (WHY), function (SIP)	3.4 ± 1.6	3.7 ± 1.6	2.9 ± 1.7	4.1 ± 1.5					
Rittweger et al., 2002 (51)	Neutral	Pain (VAS), function (VAS/70 points)	4.5 ± 2.2		1.2 ± 1.8						
	Neutral		4.2 ± 1.9		1.4 ± 1.8						
Lønn et al., 1999 (46); Soukup et al., 1999 (52)	Neutral	Pain (VAS), function (VAS)	41.0 ± 15.0	42.0 ± 21.0			23.0 ± 16.0	24.0 ± 17.0	26.0 ± 19.0	32.0 ± 23.0	
	Unclear	Pain (OEP-VAS), function (VAS/10 points)	3.5 ± 18.9				1.8 ± 15.7		2.2 ± 22.0		
Torstensen et al., 1998 (31)	Neutral	Pain (VAS), function (ODQ), RTW	55.0 ± 21.0		50.4 ± 27.2					50.0 ± 28.0	
	Neutral		53.1 ± 21.3	50.9 ± 19.2	37.2 ± 25.3	39.0 ± 28.0				40.5 ± 24.4	42.9 ± 29.5
Tritilanunt and Wajanavisit, 2001 (78)	Positive	Pain (VAS)	5.6 ± 1.8		2.3 ± 1.8						
	Neutral		5.4 ± 1.8		4.0 ± 1.9						
Turner et al., 1990 (79)	Neutral	Pain (MPQ), function (SIP)	19.4 ± 10.6	21.0 ± 9.9	17.5 ± 10.2	17.7 ± 12.1	15.6 ± 9.1	19.5 ± 15.7	14.9 ± 7.9	16.4 ± 13.6	
	Positive		25.5 ± 12.4	21.2 ± 8.8	14.8 ± 11.4	21.0 ± 10.6	13.3 ± 9.1			18.2 ± 13.3	
Yelland et al., 2004 (92)	Neutral	Pain (VAS), function (RMDQ/23 points)	54.6 ± 19.8	52.3 ± 20.3	42.0 ± 26.5	37.0 ± 45.4	33.0 ± 26.5	32.0 ± 30.3	34.1 ± 28.2	35.8 ± 30	
Yeung et al., 2003 (93)	Neutral	Pain (NRS/10 points), function (VAS)	5.88 ± 1.84		5.19 ± 2.47		5.27 ± 2.31				
	Positive		6.38 ± 1.77		3.77 ± 2.12		3.46 ± 2.18				
Yozbatiran et al., 2004 (94)	Neutral	Pain (VAS/10 points), function (ODQ)	5.06 ± 2.28		2.53 ± 2.28						
	Neutral		5.46 ± 2.19		1.93 ± 1.7						
Zylbergold and Piper, 1981 (82)	Neutral	Pain (Likert/5 points), function (Likert/5 points)	2.3 ± 1.3	2.9 ± 0.9	1.3 ± 0.9	1.4 ± 0.1					
				2.1 ± 1.6		1.5 ± 0.8					

Appendix Table 2—Continued

Initial Functional Impairment		Functional Impairment at Follow-up					
		Short-Term		Intermediate		Long-Term	
Ex	C	Ex	C	Ex	C	Ex	C
10.3 ± 5.4		9.0 ± 5.7		5.9 ± 9.7			
11.4 ± 6.6		8.8 ± 8.7		8.3 ± 8.9		0.0 ± 0.0	
10.2 ± 8.3		8.5 ± 11.5		7.8 ± 9.1			
8.0 ± 5.1		6.7 ± 5.0		5.7 ± 4.8		5.8 ± 4.8	
7.7 ± 4.7		6.3 ± 5.1		5.4 ± 4.4		6.2 ± 4.6	
7.9 ± 4.0		6.8 ± 4.9		7.7 ± 5.3		7.4 ± 4.9	
29.5 ± 9.7	28.8 ± 9.7			14.7 ± 11.6	18.6 ± 11.0	13.7 ± 11.6	16.5 ± 11.6
39.3 ± 16.3		29.2 ± 27.3		34.8 ± 42.9		33.3 ± 28.9	
36.7 ± 18.4		28.6 ± 35.2		26.7 ± 31.5		30.8 ± 36.3	
7.2 ± 5.2	8.6 ± 4.4	6.8 ± 5.6	3.4 ± 2.8	5.7 ± 4.8	2.9 ± 3.1		
8.3 ± 4.2	7.2 ± 4.2	2.4 ± 2.8	6.8 ± 3.5	1.5 ± 2.0	6.5 ± 4.2		
18.0 ± 14.71	14.0 ± 10.29	9.0 ± 10.29	12.0 ± 5.88	6.0 ± 5.88	13.0 ± 14.71	8.0 ± 8.82	8.0 ± 16.18
9.1 ± 9.3	15.2 ± 10.4	7.7 ± 9.4	19.3 ± 15.6				
20.3 ± 9.9		10.5 ± 12.8		12.0 ± 12.4			
20.7 ± 14.3		11.6 ± 11.1		14.8 ± 13.6			
40.0 ± 20.8	41.0 ± 51.3			60.0 ± 17.8	61.0 ± 21.1	58.0 ± 23.8	52.0 ± 24.1
4.7 ± 18.9				7.0 ± 18.9		6.7 ± 22.0	
50.0 ± 11.9		52.7 ± 16.6				50.6 ± 16.6	
51.7 ± 10.7	49.4 ± 10.5	46.2 ± 13.1	46.9 ± 13.1			44.1 ± 13.8	43.0 ± 12.9
8.4 ± 8.2	7.9 ± 6.4	5.5 ± 6.8	4.7 ± 4.1	6.3 ± 10.1	7.6 ± 9.9	4.7 ± 7.8	5.3 ± 6.7
8.5 ± 4.6	6.2 ± 5.0	3.6 ± 3.0	5.4 ± 5.9	4.5 ± 4.7		4.8 ± 3.4	
13.0 ± 5.1	15.0 ± 4.3	8.5 ± 9.5	11.0 ± 11.4	7.5 ± 7.6	9.5 ± 9.5	8.2 ± 6.7	9.9 ± 5.9
32.49 ± 13.79		32.48 ± 15.31		25.82 ± 13.11			
35.32 ± 11.72		20.36 ± 13.06		19.86 ± 10.12			
38.4 ± 14.32		21.06 ± 12.73					
40.0 ± 20.14		20.66 ± 13.49					
7.3 ± 3.8	9.8 ± 6.9	5.2 ± 1.4	4.7 ± 7.5				
	8.7 ± 5.4		5.8 ± 4.3				

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Appendix Table 2—Continued

Study, Year (Reference)	Rating of Results†	Outcome Measures Reported (Scale)	Initial Pain Intensity		Pain Intensity at Follow-up					
					Short-Term		Intermediate		Long-Term	
			Ex	C	Ex	C	Ex	C	Ex	C
Unclear population										
Ljunggren et al., 1997 (45)	Positive Positive	RTW								

* Values are means (\pm SD) for pain and functional impairment as presented in the study publications, unless otherwise noted. Additional rows for studies report results for additional treatment groups. ADL = activities of daily living scale; ADS = Activity Discomfort Scale; APS = Aberdeen Pain Scale (out of 100 points); BU = Berquist-Ullman functional limitations; C = comparison group; COS = clinical overall score (out of 1000 points); Ex = exercise therapy group; LOM = loss of mobility dimension (out of 100 points); MPQ = McGill Pain Questionnaire (out of 78 points); MRS = Manniche low back pain rating scale (out of 100 points); NRS = numerical rating scale (11-point scale); ODQ = Oswestry Disability Questionnaire (out of 100 points); OEP-VAS = mean visual analogue scale of 13 pain-related questions; PDI = Pain and Disability Index; PPI = present pain intensity of McGill Pain Questionnaire (out of 5 points); QDI = Quebec Disability Index; RMDQ = Roland Morris Disability Questionnaire (out of 24 points, unless otherwise noted); RTW = return to work; SIP = Sickness Impact Factor—Physical (out of 100 points); VAS = visual analogue scale (out of 100 points, unless otherwise noted); WHY = West Haven Yale questionnaire.

† Qualitative, consensus-derived reviewer rating of overall conclusions about the effectiveness of the exercise intervention, with exercise groups listed in same order as described in Table 2.

‡ Values are median (\pm SD) calculated from the most conservative interquartile range presented.

§ Values presented calculated from rate of change (\pm SD).

|| Galantino et al. (85) was excluded from quantitative syntheses because of flaw: small study with >50% loss to follow-up.

Appendix Table 2—Continued

Initial Functional Impairment		Functional Impairment at Follow-up					
		Short-Term		Intermediate		Long-Term	
Ex	C	Ex	C	Ex	C	Ex	C