

week no.

-2

consulting hour GP

- history taking and physical examination
- selection on the basis of study criteria
- enrollment for study and referral to PT

-1

1<sup>st</sup> consult PT

- enrollment and informed consent
- pre-assessment isometric back strength
- information about questionnaire handed out

2<sup>nd</sup> consult PT

- baseline measurement:
  - a. isometric back strength test
  - b. questionnaires on PC

0

3<sup>rd</sup> consult PT

- treatment allocation (randomization procedure)
- first treatment session in BS or UC program

following consults PT

- BS program:**
- low back training
  - 2x per week
  - 10 weeks

- UC program:**
- usual treatment
  - 2x per week
  - 10 weeks or less

10

final consult PT

2<sup>nd</sup> measurement: back strength + questionnaires

36

1<sup>st</sup> follow-up consult TP

3<sup>rd</sup> measurement: back strength + questionnaires

62

2<sup>st</sup> follow-up consult TP

4<sup>th</sup> measurement: back strength + questionnaires