

Patients referred from primary care after four weeks of treatment followed by four weeks of back school and group exercise at backcenter, N = 151

Baseline measurements
and determination of
eligibility

Randomization
N = 136

Group A
Supervised Nordic
Walking in groups
n = 45

Group B
Non-supervised
Nordic Walking
n = 46

Group C
Encouragement to
remain active
n = 45

5

4

1

10 weeks follow up: Questionnaires, return activity diary, return accelerometer N = 136

26 week follow up: Questionnaires

52 week follow up: Questionnaires