

Patients with non-specific low back pain and physicians' referral for physical therapy



Eligibility check and informed consent



Exclusion of patients, no informed consent

Pre-treatment assessment



Randomisation



Movement control exercise  
9-18 sessions in max. 12 weeks

General exercise  
9-18 sessions in max. 12 weeks



Assessments post-treatment,  
6 and 12 months



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