

Title:	<i>The effect of hip stabilizer muscle strengthening on pain and disability for patients with non-specific low back pain: an outcome-based randomized controlled trial.</i>
Issue/Rationale:	A primary difficulty in treating low back pain (LBP) and for it becoming a chronic condition is the conflicting evidence on the effectiveness of exercise therapy present in the literature. The proposed single-blind, randomized controlled trial will be the first study to concurrently investigate both changes in patient self reported pain and disability and mechanics of the lumbopelvic and hip regions following two therapist-guided exercise rehabilitation programs.
Objectives:	<ul style="list-style-type: none"> ▪ To compare the efficacy of two different exercise programs for the reduction of pain and disability in a specific subgroup of non-specific low back pain (NSLBP) patients and to investigate the additive effect of hip stabilization exercises. ▪ To measure the changes in lumbopelvic and hip mechanics for both treatment groups following completion of the exercise programs.
Anticipated Results/Impact:	<p>We hypothesize greater reductions in pain and disability for NSLBP patients that receive combined local stabilizer and hip stabilizer (T2) compared to those receiving the local stabilizer program (T1).</p> <p>Following the rehabilitation programs, we hypothesize that only the group completing the T2 program will demonstrate reductions in magnitude of pelvic drop, pelvic excursion, lateral sway, and hip adduction angle during one-legged standing and while walking.</p> <p>The ability to identify specific NSLBP patients for which exercise rehabilitation is indicated and then focus rehabilitation on controlling atypical mechanics within the lumbopelvic region will help clinicians improve upon the current paradigms of exercise rehabilitation and optimize the clinical outcomes of NSLBP patients.</p>
Keywords:	NSLBP, lumbopelvic, stabilization exercise
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Funding Period:	September 2010 – December 2012
Budget:	\$86,038
Funding Agency:	WCB - Alberta