Candidates with complaint: recurrent low back pain, duration of the symptoms for more than six and under 12 weeks. General exclusion criteria negative. Briefed General Practitioners and occupational health staff refer to physiotherapy clinic.

Roland-Morris Questionnaire: more than 5 points
Movement control dysfunction: more than 2/6
TSK, DEPS and Motor Control Abilities Questionnaire under cut off-point

“NO”
Excluded

“YES”
Physical Examination

Inclusion, n= 70

INFORMED CONCENT
Randomization

MC Exercise Group
Intervention
Five treatment session of specific MC exercise (+ ManTher+home exercise)
Drop-outs

General Exercise Group
Intervention
Five treatment session of general exercise (+ ManTher+home exercise)
Drop-outs

Measurement after three months intervention

Final measurements
12 months after the start of the intervention