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
1st consult PT
• enrollment and informed consent
• pre-assessment isometric back strength
• information about questionnaire handed out

2nd consult PT
• baseline measurement:
  a. isometric back strength test
  b. questionnaires on PC

0
3rd consult PT
• treatment allocation (randomization procedure)
• first treatment session in BS or UC program

following consults PT

0
final consult PT

10
1st follow-up consult TP

36
2nd measurement: back strength + questionnaires

62
3rd measurement: back strength + questionnaires

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

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

1st follow-up consult TP

4th measurement: back strength + questionnaires

2nd follow-up consult TP