Follow-up after 12 months

Weekly text messages over 12 months

Baseline 2, 4th visit (or earlier depending on improvement)

Baseline 1, first visit

Study start

Random allocation

Exclusion: less than 1 month apart

Exclusion: not def improved

Exclusion: age, red flags, etc

Symptomatic treatment, patient controlled

Preventive treatment, clinician controlled

Follow-up after 12 months

Follow-up

Follow-up

Eligibility screening 6-8 months to include 400 study subjects

Study period 12 months

Patients with LBP screened for eligibility

Screen to find the patients who have definitely improved

Suitable study candidates