Author's response to reviews

Title: Manual therapy followed by specific active exercises versus a placebo followed by specific active exercises on the improvement of functional disability in patients with chronic non specific low back pain: a randomized controlled trial
Pierre Balthazard, PT (corresponding author) HES-SO University of Applied Sciences Western Switzerland HECVSante-Department of physiotherapy Avenue de Beaumont 21 CH 1011 Lausanne, Switzerland Tel. #: 0041 (021) 316 81 32 Fax #: 0041 (021) 316 80 01 pbalthaz@hecvsante.ch Pierre de Goumoens, MD, MER Medecin-associe Svce RHU-HO 6/1642 Avenue Pierre Decker 4 CH 1011 Lausanne, Switzerland Tel. #: 0041 (021) 314 15 13 pierre.de-goumoens@chuv.ch Gilles Rivier, MD Clinique romande de readaptation Chef de service Service de readaptation de l'appareil locomoteur Avenue Grand-Champsec 90 CH 1951 Sion, Switzerland Tel. #: 0041 (027) 603 2075 gilles.rivier@crr-suva.ch Philippe Demeulenaere, PT HES-SO University of Applied Sciences

Authors:

Pierre Balthazard (pbalthaz@hecvsante.ch)
Pierre De Goumoens (pierre.de-goumoens@chuv.ch)
Gilles Rivier (gilles.rivier@crr-suva.ch)
Philippe Demeulenaere (pdemeule@hecvsante.ch)
Olivier Dériaiz (olivier.deriaiz@crr-suva.ch)

Version: 3 Date: 3 January 2012

Author's response to reviews: see over
Dear M. Patel,

By this letter, we would like to submit our manuscript for publication. Recent studies have attested spinal and cortical modifications in order to explain altered response to noxious stimuli, poor body perception and disturbed psychological and cognitive manifestations in chronic non specific low back pain (CNSLBP) patients. Meanwhile, current observations tend to confirm positive effects of manual therapy on pain, inappropriate neuromuscular response and altered psychological state. However, clinically, no study has thoroughly investigated these effects (e.g., the analgesic effect) at each therapeutic session, and only a few have evaluated the long-term role and effectiveness of manual therapy when combined to another therapy (e.g., specific active exercises) on pain, disability and fear-avoidance beliefs. So, in this study, the authors wanted first, to confirm the instant analgesic effect of manual therapy over a placebo, and second, to examine if this short-term positive effect on pain might facilitate the practice of subsequent active exercises and improve outcome in CNSLBP.

We hope the results of this study will help health care professionals to position themselves on the clinical relevance of manual therapy, either as an isolated modality or combined with another therapy, for CNSLBP.

We look forward to hearing from you in a near future,

Yours sincerely

Contact address:
Pierre Balthazard
Av. de Beaumont 21
1011 Lausanne
Switzerland
Tél.: 41 (021) 316 81 32