OUTCOME OF AN INTENSIVE MULTIDISCIPLINARY ACTIVE REHABILITATION PROGRAMME COMPARED TO SURGERY IN PATIENTS WITH LUMBAR SPINAL STENOSIS

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Baggrund og formål
Lumbar spinal stenosis (LSS) is a common degenerative condition among elderly people impacting mobility, physical activity in daily life and quality of life. There is currently no high-quality evidence on whether surgical or non-surgical treatment is a better approach for LSS. The aim is to compare outcome of an intensive multidisciplinary active rehabilitation programme with surgery in patients with LSS, and study factors associated with outcome.

Design
Randomized clinical trial

Metoder
252 patients ≥ 60 years referred for surgery having LSS are randomized to surgery or twelve weeks intensive multidisciplinary active rehabilitation. Participants are evaluated at baseline, 6 and 12 months follow up.

Vigtigste variable
Self-reported and performance-based measurements of walking distance (primary), number of participants in the rehabilitation arm choosing or not requesting surgery at follow up (secondary), general self-efficacy, cardiovascular fitness, demographics and Magnetic Resonance Imaging (MRI) findings related to LSS (potential predictors).

Resultater
To be presented in a PhD study during the following 4 years

Konklusion
This study should provide evidence to understand whether intensive multidisciplinary active rehabilitation is a reasonable alternative to surgery, and help the clinician guide patients choosing non-surgical or surgical treatment for LSS.