

LumboTrain® and LumboLoc®

LUMBAR SUPPORTS TO PREVENT RECURRENT LOW BACK PAIN AMONG HOME CARE WORKERS

Pepijn D.D.M., Roelofs, MSc; Sita M.A. Bierma-Zeinstra, PhD; Mireille N.M. van Poppel, PhD; Petra Jellema, PhD; Sten P. Willemsen, MSc; Maurits W. van Tulder, PhD; Willem van Mechelen, MD, PhD; and Bart W. Koes, PhD Department of General Practice, Erasmus Medical Center, Rotterdam

Lumbar back pain is a very common condition that results in high costs and many days of absence due to illness. The one-year prevalence is specified as 15-40% and can be up to 72% among home care workers. The study was designed to investigate the effect of lumbar supports on working home care personnel when used specifically during work. In particular, the reduction in pain and days of illness with or without taking sick leave were evaluated in home care workers with a medical history of recurring and/or acute lumbar back pain.

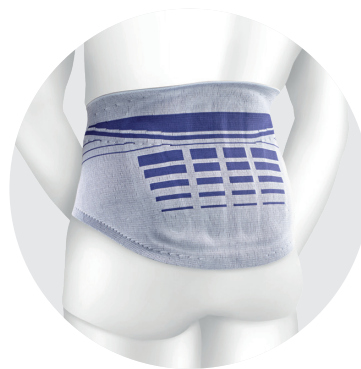
METHODOLOGY

Study design:	Randomized, controlled two-arm study
Sample:	n = 360, n = 183 with the support, 177 = control group without the support
Test method:	Observation period: 12 months; data collected: number of days with lumbar back pain, number of days of sick leave
Inclusion criteria:	Workers with a confirmed history of back pain occurring twice or more often in the last 12 months on at least two consecutive days
Exclusion criteria:	Specific back pain due to conditions such as rheumatoid arthritis or spinal fractures; pregnancy



LumboTrain®

Active support for muscular stabilization of the lumbar spine



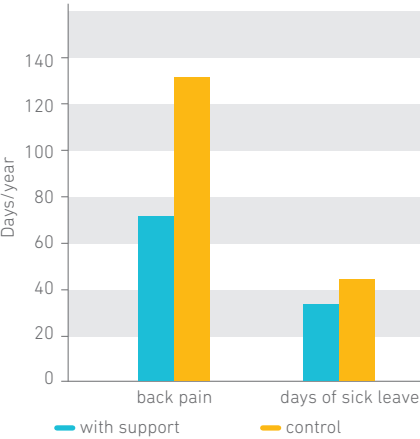
LumboLoc®

Orthosis for relief of the lumbar spine

RESULTS

In the support group, 78% of patients wore the support on at least one out of three days on which they said they were suffering from back pain. The test subjects wore the support on an average of 5.5 days each month. This was 90% of the days per month on which they had back pain. The home care workers in the support group had less back pain than the people in the control group on 52 days of the year. The test subjects in the support group had taken 4.8 fewer days of sick leave due to back pain than those without the support after 12 months.

Days of back pain and days of sick leave per year



52 days
with less back pain
in the year

with LumboTrain®

4.8 days
fewer of inability
to work

with LumboTrain®