

Βιβλιογραφία της πηγής Β. (Συστηματικές Ανασκοπήσεις, Μετα-αναλύσεις και Τυχαιοποιημένες Κλινικές Δοκιμές)

1. Albaladejo C, Kovacs FM, Royuela A, del Pino R, Zamora J. The efficacy of a short education program and a short physiotherapy program for treating low back pain in primary care: a cluster randomized trial. *Spine Mar.* 2010, Τόμ. 35, 5, σσ. 483-96.
2. Apeldoorn AT, Ostelo RW, van Helvoirt H, Fritz JM, Knol DL, van Tulder MW, de Vet HC. A randomized controlled trial on the effectiveness of a classification-based system for subacute and chronic low back pain. *Spine.* 2012, Τόμ.37, 16, σσ. 1347–1356
3. Ay S, Doğan SK, Evcik D. Is low-level laser therapy effective in acute or chronic low back pain? *Clin Rheumatol.* 2010, Τόμ. 29, 8, σσ. 905-10.
4. Bialosky JE, Bishop MD, Robinson ME, Zeppieri G Jr, George SZ. Spinal manipulative therapy has an immediate effect on thermal pain sensitivity in people with low back pain: a randomized controlled trial. *Phys Ther.* 2009, Τόμ.89. σσ.1292-1303.
5. Bicalho E, Setti JA, Macagnan J, Cano JL, Manffra EF. Immediate effects of a high-velocity spine manipulation in paraspinal muscles activity of nonspecific chronic low-back pain subjects. *Man Ther.* 2010, Τόμ.15, σσ.469-475
6. Bishop PB, Quon JA, Fisher CG, Dvorak MF. The Chiropractic Hospital-based Interventions Research Outcomes (CHIRO) study: a randomized controlled trial on the effectiveness of clinical practice guidelines in the medical and chiropractic management of patients with acute mechanical low back pain. *Spine J.* 2010, Τόμ. 10, 12, σσ. 1055-64.
7. Bogefeldt J, Grunnesjö MI, Svärdsudd K, Blomberg S. Sick leave reductions from a comprehensive manual therapy programme for low back pain: the Gotland Low Back Pain Study. *Clin Rehabil.* 2008, Τόμ. 22, 6, σσ. 529-41.
8. Bronfort G, Maiers MJ, Evans RL, Schulz CA, Bracha Y, Svendsen KH, Grimm RH Jr, Owens EF Jr, Garvey TA, Transfeldt EE. Supervised exercise, spinal manipulation, and home exercise for chronic low back pain: a randomized clinical trial. *Spine J.* 2011, Τόμ. 11, 7, σσ. 585-98.
9. Brötz D, Maschke E, Burkard S, Engel C, Mänz C, Ernemann U, Wick W, Weller M. Is there a role for benzodiazepines in the management of lumbar disc prolapse with acute sciatica? *Pain.* 2010, Τόμ. 149, 3, σσ. 470-5.
10. Brox JJ, Storheim K, Grotle M, Tveito TH, Indahl A, Eriksen HR. Systematic review of back schools, brief education, and fear-avoidance training for chronic low back pain. *Spine J.* 2008, Τόμ.8, σσ.948-958
11. Buchmuller A, Navez M, Milletre-Bernardin M, Pouplin S, Presles E, Lantéri-Minet M, Tardy B, Laurent B. Value of TENS for relief of chronic low back pain with or without radicular pain. *Eur J Pain.* 2012, Τόμ. 16, 5, σσ. 656-65.
12. Cabitza P, Randelli P. Efficacy and safety of eperisone in patients with low back pain: a double blind randomized study. *Eur Rev Med Pharmacol Sci.* 2008, Τόμ. 12, 4, σσ. 229-35.
13. Cecchi F, Molino-Lova R, Chiti M, Pasquini G, Paperini A, Conti AA, Macchi C. Spinal manipulation compared with back school and with individually delivered physiotherapy for the treatment of chronic low back pain: a randomized trial with one-year follow-up. *Clin Rehabil.* 2010, Τόμ. 24, 1, σσ. 26-36.

14. Chan CW, Mok NW, Yeung EW. Aerobic exercise training in addition to conventional physiotherapy for chronic low back pain: a randomized controlled trial. *Arch Phys Med Rehabil.* 2011, Τόμ. 92, 10, σσ. 1681-5.
15. Chandanwale AS, Chopra A, Goregaonkar A, Medhi B, Shah V, Gaikwad S, Langade DG, Maroli S, Mehta SC, Naikwadi A, Pawar DR. Evaluation of eperisone hydrochloride in the treatment of acute musculoskeletal spasm associated with low back pain: a randomized, double-blind, placebo-controlled trial. *J Postgrad Med.* 2011, Τόμ. 57, 4, σσ. 278-85.
16. Chang ST, Chen LC, Chang CC, Chu HY, Tsai KC. Effects of piroxicam-beta-cyclodextrin sachets on abnormal postural sway in patients with chronic low back pain. *J Clin Pharm Ther.* 2008, Τόμ. 33, 5, σσ. 495-506.
17. Chen ZY, Ma L, Li T. Imaging of low back pain: comparative role of high intensity zone in diagnosing the discogenic low back pain with evidence-based radiology. *Chin Med J (Engl).* 2009, Τόμ.122, 24 σσ.3062-3065
18. Cherkin DC, Sherman KJ, Avins AL, Erro JH, Ichikawa L, Barlow WE, Delaney K, Hawkes R, Hamilton L, Pressman A, Khalsa PS, Deyo RA. A randomized trial comparing acupuncture, simulated acupuncture, and usual care for chronic low back pain. *Arch Intern Med.* 2009, Τόμ. 169, 9, σσ. 858-66.
19. Cherkin DC, Sherman KJ, Kahn J, Wellman R, Cook AJ, Johnson E, Erro J, Delaney K, Deyo RA. A comparison of the effects of 2 types of massage and usual care on chronic low back pain: a randomized, controlled trial. *Ann Intern Med.* 2011, Τόμ. 155, 1, σσ. 1-9.
20. Chiu CK, Low TH, Tey YS, Singh VA, Shong HK. The efficacy and safety of intramuscular injections of methylcobalamin in patients with chronic nonspecific low back pain: a randomised controlled trial. *Singapore Med J.* 2011, Τόμ. 52, 12, σσ. 868-73.
21. Chou D, Samartzis D, Bellabarba C, Patel A, Luk KD, Kisser JM, Skelly AC. Degenerative magnetic resonance imaging changes in patients with chronic low back pain: a systematic review.
22. Chou R, Fu R, Carrino JA, Deyo RA. Imaging strategies for low-back pain: systematic review and meta-analysis. *Lancet.* 2009, Τόμ. 373, 9662, σσ. 463-72.
23. Chu LF, D'Arcy N, Brady C, Zamora AK, Young CA, Kim JE, Clemenson AM, Angst MS, Clark JD. Analgesic tolerance without demonstrable opioid-induced hyperalgesia: a double-blinded, randomized, placebo-controlled trial of sustained-release morphine for treatment of chronic nonradicular low-back pain. *Pain.* 2012, Τόμ. 153, 8, σσ. 1583-92.
24. Clarke CL, Ryan CG, Martin DJ. Pain neurophysiology education for the management of individuals with chronic low back pain: systematic review and meta-analysis. *Man Ther.* 2011, Τόμ. 16, 6, σσ. 544-9.
25. Cleland J, Gillani R, Bienen EJ, Sadosky A. Assessing dimensionality and responsiveness of outcomes measures for patients with low back pain. *Pain Pract.* 2011, Τόμ. 11, 1, σσ. 57-69.
26. Cuesta-Vargas AI, García-Romero JC, Arroyo-Morales M, Diego-Acosta AM, Daly DJ. Exercise, manual therapy, and education with or without high-intensity deep-water running for nonspecific chronic low back pain: a pragmatic randomized controlled trial. *Am J Phys Med Rehabil.* 2011, Τόμ. 90, 7, σσ. 526-34.

27. da C Menezes Costa L, Maher CG, Hancock MJ, McAuley JH, Herbert RD, Costa LO. The prognosis of acute and persistent low-back pain: a meta-analysis. *CMAJ*. 2012, Τόμ. 184, 11, σσ. 613-24.
28. da Silva AG, de Sousa CP, Koehler J, Fontana J, Christo AG, Guedes-Bruni RR. Evaluation of an extract of Brazilian arnica (*Solidago chilensis* Meyen, Asteraceae) in treating lumbago. *Phytother Res*. 2010, Τόμ. 24, 2, σσ. 283-7.
29. Dahabreh IJ, Hadar N, Chung M. Emerging magnetic resonance imaging technologies for musculoskeletal imaging under loading stress: scope of the literature. *Ann Intern Med*. 2011, Τόμ. 155, 9, σσ. 616-24.
30. Dahm KT, Brurberg KG, Jamtvedt G, Hagen KB. Advice to rest in bed versus advice to stay active for acute low-back pain and sciatica. *Cochrane Database Syst Rev*. 2010, Τόμ. 16, 6, σ. CD007612.
31. Darlow B, Fullen BM, Dean S, Hurley DA, Baxter GD, Dowell A. The association between health care professional attitudes and beliefs and the attitudes and beliefs, clinical management, and outcomes of patients with low back pain: a systematic review. *Eur J Pain*. 2012, Τόμ.16, σσ.3-17
32. Davies RA, Maher CG, Hancock MJ. A systematic review of paracetamol for non-specific low back pain. *Eur Spine J*. 2008, Τόμ. 17, 11, σσ. 1423-30.
33. Dufour N, Thamsborg G, Oefeldt A, Lundsgaard C, Stender S. Treatment of chronic low back pain: a randomized, clinical trial comparing group-based multidisciplinary biopsychosocial rehabilitation and intensive individual therapist-assisted back muscle strengthening exercises. *Spine*. 2010, Τόμ. 35, 5, σσ. 469-76.
34. Endean A, Palmer KT, Coggon D. Potential of magnetic resonance imaging findings to refine case definition for mechanical low back pain in epidemiological studies: a systematic review. *Spine (Phila Pa 1976)*. 2011, Τόμ. 36, 2, σσ. 160-9.
35. Engers A, Jellema P, Wensing M, van der Windt DA, Grol R, van Tulder MW. Individual patient education for low back pain. *Cochrane Database Syst Rev*. 2008, Τόμ. 23, 1, σ. CD004057.
36. Etropolski MS, Okamoto A, Shapiro DY, Rauschkolb C. Dose conversion between tapentadol immediate and extended release for low back pain. *Pain Physician*. 2010, Τόμ. 13, 1, σσ. 61-70.
37. EY, Mia. Clinical critical qualitative evaluation of the selected randomized controlled trials in current acupuncture researches for low back pain. *Zhong Xi Yi Jie He Xue Bao*. 2010, Τόμ. 8, 12: 1133-46.
38. Facci LM, Nowotny JP, Tormem F, Trevisani VF. Effects of transcutaneous electrical nerve stimulation (TENS) and interferential currents (IFC) in patients with nonspecific chronic low back pain: randomized clinical trial. *Sao Paulo Med J*. 2011, Τόμ.129, 4, σσ.206-16
39. Fiore P, Panza F, Cassatella G, Russo A, Frisardi V, Solfrizzi V, Ranieri M, Di Teo L, Santamato A. Short-term effects of high-intensity laser therapy versus ultrasound therapy in the treatment of low back pain: a randomized controlled trial. *Eur J Phys Rehabil Med*. 2011, Τόμ. 47, 3, σσ. 367-73.
40. França FR, Burke TN, Hanada ES, Marques AP. Segmental stabilization and muscular strengthening in chronic low back pain: a comparative study. *Clinics*. 2010, Τόμ. 65, 10, σσ. 1013-7.

41. Friedman BW, Esses D, Solorzano C, Choi HK, Cole M, Davitt M, Bijur PE, Gallagher EJ. A randomized placebo-controlled trial of single-dose IM corticosteroid for radicular low back pain. *Spine*. 2008, Τόμ. 33, 18, σσ. 624-9.
42. George SZ, Teyhen DS, Wu SS, Wright AC, Dugan JL, Yang G, Robinson ME, Childs JD. Psychosocial education improves low back pain beliefs: results from a cluster randomized clinical trial (NCT00373009) in a primary prevention setting. *Eur Spine J*. 2009, Τόμ. 18, 7, σσ. 1050-8.
43. Glazov G, Schattner P, Lopez D, Shandley K. Laser acupuncture for chronic non-specific low back pain: a controlled clinical trial. *Acupunct Med*. 2009, Τόμ.27,3, σσ.94-100
44. Goertz CM, Pohlman KA, Vining RD, Brantingham JW, Long CR. Patient-centered outcomes of high-velocity, low-amplitude spinal manipulation for low back pain: a systematic review. *J Electromyogr Kinesiol*. 2012, Τόμ. 22, 5, σσ. 670-91.
45. Gordon A, Callaghan D, Spink D, Cloutier C, Dzungowski P, O'Mahony W, Sinclair D, Rashiq S, Buckley N, Cohen G, Kim J, Boulanger A, Piraino PS, Eisenhoffer J, Harsanyi Z, Darke AC, Michalko KJ. Buprenorphine transdermal system in adults with chronic low back pain: a randomized, double-blind, placebo-controlled crossover study, followed by an open-label extension phase. *Clin Ther*. 2010, Τόμ. 32, 5, σσ. 844-60.
46. Gordon A, Rashiq S, Moulin DE, Clark AJ, Beaulieu AD, Eisenhoffer J, Piraino PS, Quigley P, Harsanyi Z, Darke AC. Buprenorphine transdermal system for opioid therapy in patients with chronic low back pain. *Pain Res Manag*. 2010, Τόμ. 15, 3, σσ. 169-78.
47. Goren A, Yildiz N, Topuz O, Findikoglu G, Ardic F. Efficacy of exercise and ultrasound in patients with lumbar spinal stenosis: a prospective randomized controlled trial. *Clin Rehabil*. 2010, Τόμ. 24, 7, σσ. 623-31.
48. Grunnesjö MI, Bogefeldt JP, Blomberg SI, Strender LE, Svärdsudd KF. A randomized controlled trial of the effects of muscle stretching, manual therapy and steroid injections in addition to 'stay active' care on health-related quality of life in acute or subacute low back pain. *Clin Rehabil*. 2011, Τόμ. 25, 11, σσ. 999-1010.
49. Hancock MJ, Maher CG, Latimer J, Herbert RD, McAuley JH. Independent evaluation of a clinical prediction rule for spinal manipulative therapy: a randomised controlled trial. *Eur Spine J*. 2008, Τόμ.17, σσ.936–943
50. Haskins R, Rivett DA, Osmotherly PG. Clinical prediction rules in the physiotherapy management of low back pain: a systematic review. *Man Ther*. 2012, Τόμ. 17, 1, σσ. 9-21.
51. Heitz CA, Hilfiker R, Bachmann LM, Joronen H, Lorenz T, Uebelhart D, Klipstein A, Brunner F. Comparison of risk factors predicting return to work between patients with subacute and chronic non-specific low back pain: systematic review. *Eur Spine J*. 2009, Τόμ. 18, 12, σσ. 1829-35.
52. Helmhout PH, Harts CC, Viechtbauer W, Staal JB, de Bie RA. Isolated lumbar extensor strengthening versus regular physical therapy in an army working population with nonacute low back pain: a randomized controlled trial. *Arch Phys Med Rehabil*. 2008, Τόμ. 89, 9, σσ. 1675-85.
53. Henschke N, Kuijpers T, Rubinstein SM, van Middelkoop M, Ostelo R, Verhagen A, Koes BW, van Tulder MW. Injection therapy and denervation procedures for chronic low-back pain: a systematic review. *Eur Spine J*. 2010, Τόμ.19, σσ.1425–1449
54. Herrmann WA, Geertsens MS. Efficacy and safety of lornoxicam compared with placebo and diclofenac in acute sciatica/lumbo-sciatica: an analysis from a randomised, double-blind, multicentre, parallel-group study. *Int J Clin Pract*. 2009, Τόμ. 63, 11, σσ. 1613-21.

55. Hoffman SL, Johnson MB, Zou D, Harris-Hayes M, Dillen LR. Effect of classification-specific treatment on lumbopelvic motion during hip rotation in people with low back pain. *Manual therapy*. 2011, Τόμ.16, 4, σσ. 344–350.
56. Indrakanti SS, Weber MH, Takemoto SK, Hu SS, Polly D, Berven SH. Value-based care in the management of spinal disorders: a systematic review of cost-utility analysis. *Clin Orthop Relat Res*. 2012, Τόμ. 470, 4, σσ. 1106-23.
57. Jensen RK, Leboeuf-Yde C, Wedderkopp N, Sorensen JS, Manniche C. Rest versus exercise as treatment for patients with low back pain and Modic changes. A randomized controlled clinical trial. *BMC Med*. 2012, Τόμ. 10, 22.
58. Jüni P, Battaglia M, Nüesch E, Hämmerle G, Eser P, van Beers R, Vils D, Bernhard J, Ziswiler HR, Dähler M, Reichenbach S, Villiger PM. A randomised controlled trial of spinal manipulative therapy in acute low back pain. *Ann Rheum Dis*. 2009, Τόμ. 68, 9, σσ. 1420-7.
59. Kent P, Mjø Sund HL, Petersen DH. Does targeting manual therapy and/or exercise improve patient outcomes in nonspecific low back pain? A systematic review. *BMC Med*. 2010, Τόμ.8:22
60. Koldaş Doğan S, Sonel Tur B, Kurtaiş Y, Atay MB. Comparison of three different approaches in the treatment of chronic low back pain. *Clin Rheumatol*. 2008, Τόμ. 27, 7, σσ. 873-81.
61. Konstantinovic LM, Kanjuh ZM, Milovanovic AN, Cutovic MR, Djurovic AG, Savic VG, Dragin AS, Milovanovic ND. Acute low back pain with radiculopathy: a double-blind, randomized, placebo-controlled study. *Photomed Laser Surg*. 2010, Τόμ. 28, 4, σσ. 553-60.
62. Kroenke K, Bair MJ, Damush TM, Wu J, Hoke S, Sutherland J, Tu W. Optimized antidepressant therapy and pain self-management in primary care patients with depression and musculoskeletal pain: a randomized controlled trial. *JAMA*. 2009, Τόμ. 301, 20, σσ. 2099-110.
63. Kuijpers T, van Middelkoop M, Rubinstein SM, Ostelo R, Verhagen A, Koes BW, van Tulder MW. A systematic review on the effectiveness of pharmacological interventions for chronic non-specific low-back pain. *Eur Spine J*. 2011, Τόμ. 20, 1, σσ. 40-50.
64. Kulisch A, Bender T, Németh A, Szekeres L. Effect of thermal water and adjunctive electrotherapy on chronic low back pain: a double-blind, randomized, follow-up study. *J Rehabil Med*. 2009, Τόμ. 41, 1, σσ. 73-9.
65. Lamb SE, Lall R, Hansen Z, Castelnuovo E, Withers EJ, Nichols V, Griffiths F, Potter R, Szczepura A, Underwood M. A multicentred randomised controlled trial of a primary care-based cognitive behavioural programme for low back pain. The Back Skills Training (BeST) trial. *Health Technol Assess*. 2010, Τόμ. 14, 41, σσ. 1-253.
66. Lamb SE, Mistry D, Lall R, Hansen Z, Evans D, Withers EJ, Underwood MR. Group cognitive behavioural interventions for low back pain in primary care: extended follow-up of the Back Skills Training Trial (ISRCTN54717854). *Pain*. 2012, Τόμ. 153, 2, σσ. 494-501.
67. Lambeek LC, van Mechelen W, Knol DL, Loisel P, Anema JR. Randomised controlled trial of integrated care to reduce disability from chronic low back pain in working and private life. *BMJ*. 2010, Τόμ. 340, σ. 1035.
68. Machado LA, Kamper SJ, Herbert RD, Maher CG, McAuley JH. Analgesic effects of treatments for non-specific low back pain: a meta-analysis of placebo-controlled randomized trials. *Rheumatology*. 2009, Τόμ. 48, 5, σσ. 520-7.

69. Mayyas F, Fayers P, Kaasa S, Dale O. A systematic review of oxymorphone in the management of chronic pain. *J Pain Symptom Manage*. 2010, Τόμ. 39, 2, σσ. 296-308.
70. Melloh M, Elfering A, Egli Presland C, Roeder C, Barz T, Rolli Salathé C, Tamcan O, Mueller U, Theis JC. Identification of prognostic factors for chronicity in patients with low back pain: a review of screening instruments. *Int Orthop*. 2009, Τόμ. 33, 2, σσ. 301-13. .
71. Mibielli MA, Geller M, Cohen JC, Goldberg SG, Cohen MT, Nunes CP, Oliveira LB, da Fonseca AS. Diclofenac plus B vitamins versus diclofenac monotherapy in lumbago: the DOLOR study. *Curr Med Res Opin*. 2009, Τόμ. 25, 11, σσ. 2589-99.
72. Morone NE, Greco CM, Weiner DK. Mindfulness meditation for the treatment of chronic low back pain in older adults: a randomized controlled pilot study. *Pain*. 2008, Τόμ.134,3, σσ.310–319.
73. O'Donnell JB, Ekman EF, Spalding WM, Bhadra P, McCabe D, Berger MF. The effectiveness of a weak opioid medication versus a cyclo-oxygenase-2 (COX-2) selective non-steroidal anti-inflammatory drug in treating flare-up of chronic low-back pain: results from two randomized, double-blind, 6-week studies. *J Int Med Res*. 2009, Τόμ. 37, 6, σσ. 1789-802.
74. Paatelma M, Kilpikoski S, Simonen R, Heinonen A, Alen M, Videman T. Orthopaedic manual therapy, McKenzie method or advice only for low back pain in working adults: a randomized controlled trial with one year follow-up. *J Rehabil Med*. 2008, Τόμ. 40, 10, σσ. 858-63.
75. Pareek A, Chandurkar N, Chandanwale AS, Ambade R, Gupta A, Bartakke G. Aceclofenac-tizanidine in the treatment of acute low back pain: a double-blind, double-dummy, randomized, multicentric, comparative study against aceclofenac alone. *Eur Spine J*. 2009, Τόμ. 18, 12, σσ. 1836-42.
76. Parkin-Smith GF, Norman IJ, Briggs E, Angier E, Wood TG, Brantingham JW. A structured protocol of evidence-based conservative care compared with usual care for acute nonspecific low back pain: a randomized clinical trial. *Arch Phys Med Rehabil*. 2012, Τόμ.93
77. Peniston JH, Gould E. Oxymorphone extended release for the treatment of chronic low back pain: a retrospective pooled analysis of enriched-enrollment clinical trial data stratified according to age, sex, and prior opioid use. *Clin Ther*. 2009, Τόμ. 31, 2, σσ. 347-59.
78. Perrot S, Javier RM, Marty M, Le Jeune C, Laroche F. Is there any evidence to support the use of anti-depressants in painful rheumatological conditions? Systematic review of pharmacological and clinical studies. *Rheumatology*. 2008, Τόμ. 47, 8, σσ. 1117-23.
79. Petersen T, Larsen K, Nordsteen J, Olsen S, Fournier G, Jacobsen S. The McKenzie method compared with manipulation when used adjunctive to information and advice in low back pain patients presenting with centralization or peripheralization: a randomized controlled trial. *Spine*. 2011, Τόμ. 36, 24, σσ. 1999-2010.
80. Posadzki P, Ernst E. Yoga for low back pain: a systematic review of randomized clinical trials. *Clin Rheumatol*. 2011, Τόμ. 30, 9, σσ. 1257-62.
81. Ralph L, Look M, Wheeler W, Sacks H. Double-blind, placebo-controlled trial of carisoprodol 250-mg tablets in the treatment of acute lower-back spasm. *Curr Med Res Opin*. 2008, Τόμ. 24, 2, σσ. 551-8.
82. Rasmussen J, Laetgaard J, Lindecrona AL, Qvistgaard E, Bliddal H. Manipulation does not add to the effect of extension exercises in chronic low-back pain (LBP). A

- randomized, controlled, double blind study. *Joint Bone Spine*. 2008, Τόμ. 75, 6, σσ. 708-13.
83. Roer N, Tulder M, Mechelen W, Vet H. Economic evaluation of an intensive group training protocol compared with usual care physiotherapy in patients with chronic low back pain. *Spine*. 2008, Τόμ.33, 4, σσ. 445–451
 84. Roy RA, Boucher JP, Comtois AS. Paraspinal cutaneous temperature modification after spinal manipulation at L5. *J.Manipulative Physiol Ther*. 2010, Τόμ.33,4
 85. Rubinstein SM, van Middelkoop M, Assendelft WJ, de Boer MR, van Tulder MW. Spinal manipulative therapy for chronic low-back pain: an update of a Cochrane review. *Spine*. 2011, Τόμ. 36, 13, σσ. 825-46.
 86. Rubinstein SM, van Middelkoop M, Kuijpers T, Ostelo R, Verhagen AP, de Boer MR, Koes BW, van Tulder MW. A systematic review on the effectiveness of complementary and alternative medicine for chronic non-specific low-back pain. *Eur Spine J*. 2010, Τόμ. 19, 8, σσ. 1213-28.
 87. Rubinstein SM, van Tulder M. A best-evidence review of diagnostic procedures for neck and low-back pain. *Best Pract Res Clin Rheumatol*. 2008, Τόμ. 22, 3, σσ. 471-82.
 88. Ruhe A, Fejer R, Walker B. Center of pressure excursion as a measure of balance performance in patients with non-specific low back pain compared to healthy controls: a systematic review of the literature. *Eur Spine J*. 2011, Τόμ.20. σσ.358–368
 89. Rusinyol FC, Perice RV, Boronat ER, Bosch FF. Effects of two different doses of eperisone in the treatment of acute low back pain. *Journal of Applied Research*. 2009, Τόμ. 9, 1, σσ. 23-29.
 90. Ryan CG, Gray HG, Newton M, Granat MH. Pain biology education and exercise classes compared to pain biology education alone for individuals with chronic low back pain: a pilot randomised controlled trial. *Man Ther*. 2010, Τόμ. 15, 4, σσ. 382-7.
 91. Sahin N, Albayrak I, Durmus B, Ugurlu H. Effectiveness of back school for treatment of pain and functional disability in patients with chronic low back pain: a randomized controlled trial. *J Rehabil Med*. 2011, Τόμ. 43, 3, σσ. 224-9.
 92. Sakai Y, Matsuyama Y, Nakamura H, Katayama Y, Imagama S, Ito Z, Okamoto A, Ishiguro N. The effect of muscle relaxant on the paraspinal muscle blood flow: a randomized controlled trial in patients with chronic low back pain. *Spine*. 2008, Τόμ. 33, 6, σσ. 581-7.
 93. Seco J, Kovacs FM, Urrutia G. The efficacy, safety, effectiveness, and cost-effectiveness of ultrasound and shock wave therapies for low back pain: a systematic review. *Spine J*. 2011, Τόμ. 11, 10, σσ. 966-77.
 94. Senna MK, Machaly SA. Does maintained spinal manipulation therapy for chronic nonspecific low back pain result in better long-term outcome? *Spine*. 2011, Τόμ. 36, 18, σσ. 1427-37.
 95. Shell WE, Charuvastra EH, DeWood MA, May LA, Bullias DH, Silver DS. A double-blind controlled trial of a single dose naproxen and an amino acid medical food theramine for the treatment of low back pain. *Am J Ther*. 2012, Τόμ. 19, 2, σσ. 108-14.
 96. Sherman KJ, Cherkin DC, Wellman RD, Cook AJ, Hawkes RJ, Delaney K, Deyo RA. A randomized trial comparing yoga, stretching, and a self-care book for chronic low back pain. *Arch Intern Med*. 2011, Τόμ. 171, 22, σσ. 2019-26.
 97. Shiri R, Karppinen J, Leino-Arjas P, Solovieva S, Viikari-Juntura E. The association between smoking and low back pain: a meta-analysis. *Am J Med*. 2010, Τόμ. 123, 1, σσ. 7-35.

98. Shiri R, Karppinen J, Leino-Arjas P, Solovieva S, Viikari-Juntura E. The association between obesity and low back pain: a meta-analysis. *Am J Epidemiol.* 2010 , Τόμ. 171, 2 pp.135-54.
99. Singh V, Manchikanti L, Benyamin RM, Helm S, Hirsch JA. Percutaneous lumbar laser disc decompression: a systematic review of current evidence. *Pain Physician.* 2009, Τόμ.12, σσ.573-588
100. Skljarevski V, Liu P, Zhang S, Ahl J, Martinez JM. Efficacy and Safety of Duloxetine in Patients with Chronic Low Back Pain Who Used versus Did Not Use Concomitant Nonsteroidal Anti-Inflammatory Drugs or Acetaminophen: A Post Hoc Pooled Analysis of 2 Randomized, Placebo-Controlled Trials. *Pain Res Treat.* . 2012.
101. Slater MA, Weickgenant AL, Greenberg MA, Wahlgren DR, Williams RA, Carter C, Patterson TL, Grant I, Garfin SR, Webster JS, Atkinson JH. Preventing progression to chronicity in first onset, subacute low back pain: an exploratory study. *Arch Phys Med Rehabil.* 2009, Τόμ. 90, 4, σσ. 545-52.
102. Slater SL, Ford JJ, Richards MC, Taylor NF, Surkitt LD, Hahne AJ. The effectiveness of sub-group specific manual therapy for low back pain: a systematic review. *Man Ther.* 2012, Τόμ. 17, 3, σσ. 201-12.
103. Smeets RJ, Beelen S, Goossens ME, Schouten EG, Knottnerus JA, Vlaeyen JW. Treatment expectancy and credibility are associated with the outcome of both physical and cognitive-behavioral treatment in chronic low back pain. *Clin J Pain.* 2008, Τόμ. 24, 4, σσ. 305-15.
104. Standaert CJ, Friedly J, Erwin MW, Lee MJ, Rehtine G, Henrikson NB, Norvell DC. Comparative effectiveness of exercise, acupuncture, and spinal manipulation for low back pain. *Spine.* 2011, Τόμ. 36, 21, σσ. 120-30.
105. Stapelfeldt CM, Christiansen DH, Jensen OK, Nielsen CV, Petersen KD, Jensen C. Subgroup analyses on return to work in sick-listed employees with low back pain in a randomised trial comparing brief and multidisciplinary intervention. *BMC Musculoskelet Disord.* 2011 , Τόμ. 12, 112.
106. Steiner DJ, Sitar S, Wen W, Sawyerr G, Munera C, Ripa SR, Landau C. Efficacy and safety of the seven-day buprenorphine transdermal system in opioid-naïve patients with moderate to severe chronic low back pain: an enriched, randomized, double-blind, placebo-controlled study. *J Pain Symptom Manage.* 2011, Τόμ. 42, 6, σσ. 903-17.
107. Stuber KJ, Smith DL. Chiropractic treatment of pregnancy-related low back pain: a systematic review of the evidence. *J Manipulative Physiol Ther.* 2008, Τόμ.31, 6
108. Tavafian SS, Jamshidi AR, Mohammad K. Treatment of chronic low back pain: a randomized clinical trial comparing multidisciplinary group-based rehabilitation program and oral drug treatment with oral drug treatment alone. *Clin J Pain.* 2011, Τόμ. 27, 9, σσ. 811-8.
109. Tekur P, Nagarathna R, Chametcha S, Hankey A, Nagendra HR. A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT. *Complement Ther Med.* 2012, Τόμ. 20, 3, σσ. 107-18.
110. Tekur P, Singphow C, Nagendra HR, Raghuram N. Effect of short-term intensive yoga program on pain, functional disability and spinal flexibility in chronic low back pain: a randomized control study. *J Altern Complement Med.* 2008, Τόμ. 14, 6, σσ. 637-44.
111. Van Abbema R, Lakke SE, Reneman MF, van der Schans CP, van Haastert CJ, Geertzen JH, Wittink H. Factors associated with functional capacity test results in patients with

- non-specific chronic low back pain: a systematic review. *J Occup Rehabil.* 2011, Τόμ.21, σσ.455–473
112. van der Roer N, van Tulder M, Barendse J, Knol D, van Mechelen W, de Vet H. Intensive group training protocol versus guideline physiotherapy for patients with chronic low back pain: a randomised controlled trial. *Eur Spine J.* 2008, Τόμ. 17, 9, σσ. 1193-200.
 113. van Rijn RM, Wassenaar M, Verhagen AP, Ostelo RW, Ginai AZ, de Boer MR, van Tulder MW, Koes BW. Computed tomography for the diagnosis of lumbar spinal pathology in adult patients with low back pain or sciatica: a diagnostic systematic review. *Eur Spine J.* 2012, Τόμ. 21, 2, σσ. 228-39.
 114. Vas J, Aranda JM, Modesto M, Benítez-Parejo N, Herrera A, Martínez-Barquín DM, Aguilar I, Sánchez-Araujo M, Rivas-Ruiz F. Acupuncture in patients with acute low back pain: a multicentre randomised controlled clinical trial. *Pain.* 2012, Τόμ. 153, (9):1883-9.
 115. Vismara L, Cimolin V, Menegoni F, Zaina F, Galli M, Negrini S, Villa V, Capodaglio P. Osteopathic manipulative treatment in obese patients with chronic low back pain: a pilot study. *Man Ther.* 2012, Τόμ.17, σσ.451-455
 116. Vong SK, Cheing GL, Chan F, So EM, Chan CC. Motivational enhancement therapy in addition to physical therapy improves motivational factors and treatment outcomes in people with low back pain: a randomized controlled trial. *Arch Phys Med Rehabil.* 2011, Τόμ. 92, 2, σσ. 176-83.
 117. Walker BF, French SD, Grant W, Green S. A Cochrane review of combined chiropractic interventions for low-back pain. *Spine.* 2011, Τόμ. 36, 3, σσ. 230-42.
 118. Wassenaar M, van Rijn RM, van Tulder MW, Verhagen AP, van der Windt DA, Koes BW, de Boer MR, Ginai AZ, Ostelo RW. Magnetic resonance imaging for diagnosing lumbar spinal pathology in adult patients with low back pain or sciatica: a diagnostic systematic review. *Eur Spine J.* 2012, Τόμ. 21, 2, σσ. 220-7.
 119. Weil AJ, Ruoff GE, Nalamachu S, Altman CA, Xie F, Taylor DR. Efficacy and tolerability of cyclobenzaprine extended release for acute muscle spasm: a pooled analysis. *Postgrad Med.* 2010, Τόμ. 122, 4, σσ. 158-69.
 120. Weiner DK, Perera S, Rudy TE, Glick RM, Shenoy S, Delitto A. Efficacy of percutaneous electrical nerve stimulation and therapeutic exercise for older adults with chronic low back pain: a randomized controlled trial. *Pain.* 2008, Τόμ. 140, 2, σσ. 344-57.
 121. White AP, Arnold PM, Norvell DC, Ecker E, Fehlings MG. Pharmacologic management of chronic low back pain: synthesis of the evidence. *Spine.* 2011, Τόμ. 36, 21, σσ. 131-43.
 122. Wilkens P, Scheel IB, Grundnes O, Hellum C, Storheim K. Effect of glucosamine on pain-related disability in patients with chronic low back pain and degenerative lumbar osteoarthritis: a randomized controlled trial. *JAMA.* 2010, Τόμ. 304, 1, σσ. 45-52.
 123. Williams K, Abildso C, Steinberg L, Doyle E, Epstein B, Smith D, Hobbs G, Gross R, Kelley G, Cooper L. Evaluation of the effectiveness and efficacy of Iyengar yoga therapy on chronic low back pain. *Spine.* 2009, Τόμ. 34, 19, σσ. 2066-76.
 124. Yuan J, Purepong N, Kerr DP, Park J, Bradbury I, McDonough S. Effectiveness of acupuncture for low back pain: a systematic review. *Spine.* 2008, Τόμ. 33, 23, σσ. 887-900.
 125. Yun M, Shao Y, Zhang Y, He S, Xiong N, Zhang J, Guo M, Liu D, Luo Y, Guo L, Yan J. Hegu acupuncture for chronic low-back pain: a randomized controlled trial. *J Altern Complement Med.* 2012, Τόμ. 18, 2, σσ. 130-6.

126. Zaproudina N, Hietikko T, Hänninen OO, Airaksinen O. Effectiveness of traditional bone setting in treating chronic low back pain: a randomised pilot trial. *Complement Ther Med.* 2009, Τόμ.17, σσ. 23–28