

Title:**Specific Motor Control Exercise for Lumbo-pelvic Pain of Articular Origin: A Systematic Review**

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Abstract: (Your abstract must use **Normal style** and must fit in this box. Your abstract should be no longer than 300 words. The box will 'expand' over 2 pages as you add text/diagrams into it.)

Introduction

Specific motor control exercises (SME) involving transversus abdominus and lumbar multifidus are commonly used in the treatment of low back pain (LBP). The results of 5 previous reviews suggest SME are better than an inactive control, but not better than other forms of treatment. A washout effect may be occurring due to the heterogeneous nature of chronic low back pain. The purpose of this study was to conduct a systematic review of SME for LBP of articular origin.

Methods

The PEDro scale was used to critique the papers. The levels of evidence used by the Cochrane collaboration were adopted to make recommendations. Only those studies describing an intervention involving SME were included. Inclusion criteria were: the study was an RCT; study group had to receive a SME; the study group had to have articular related pain; the paper had to score 6 or higher on the PEDro scale.

Results

Four papers that met in the inclusion criteria were identified. One study permitted each of the following recommendations: There is moderate evidence for the use of specific stability exercise for articular chronic LBP when used alone or when combined with another form of active treatment. There is moderate evidence for the use of SME for articular sub-acute LBP when combined with another form of active treatment.

Discussion

Although the paper does provide moderate support for the use of SME for LBP of articular origin, there are a number of factors which suggest that the results should be interpreted with caution. This does highlight that a washout effect may have occurred in previous reviews and that there does appear to be a group of clients with LBP that SME can benefit. Further research is highly recommended and some suggestions for future trials are made. It is hoped that this paper will stimulate further discussion and research in this area.