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A systematic review of Clinical Practice Guidelines for persons with non-specific low back pain with and without radiculopathy: Identification of best evidence for rehabilitation to develop the WHO's Package of Interventions for Rehabilitation

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Abstract

Objective: To Identify evidence-based rehabilitation interventions for persons with non-specific low back pain (LBP) with and without radiculopathy and to develop recommendations from high-quality clinical practice guidelines (CPGs) to inform the World Health Organization's (WHO) Package of Interventions for Rehabilitation (PIR).

Data source: We searched MEDLINE, EMBASE, CINAHL, PsycINFO, National Health Services Economic Evaluation Database (NHS EED), NIHR-HTA (Health Technology Assessment) Database, PEDro, the Trip Database, the Index to Chiropractic Literature and the grey literature.

Study selection: Eligible guidelines were:1) published between 2009 and 2019 in English, French, Italian, or Swedish; 2) included adults or children with non-specific LBP with or without radiculopathy; and 3) assessed the benefits of rehabilitation interventions on functioning. Pairs of independent reviewers assessed the quality of the CPGs using AGREE II.

Data synthesis: We identified four high-quality CPGs. Recommended interventions included: 1) education about recovery expectations, self-management strategies, and maintenance of usual activities; 2) multimodal approaches incorporating education, exercise, and spinal manipulation; 3) NSAIDs combined with education in the acute stage; and 4) intensive interdisciplinary rehabilitation that includes exercise and cognitive/behavioral interventions for persistent pain. We did not identify high-quality CPGs for people younger than 16 years of age.

Conclusion: We developed evidence-based recommendations from high-quality CPGs to inform the WHO PIR for people with LBP with and without radiculopathy. These recommendations emphasize the potential benefits of education, exercise, manual therapy and cognitive/behavioral interventions.

Keywords: Education; LBP; Quality of life; Rehabilitation; Sciatica.

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