

3. Chronic moderate back complaints⁷

For 28 people taking part in the company fitness programme of the Provinciehuis (County Hall) Utrecht and suffering from low back complaints (subjective) and intensified thoracic kyphosis (objective), the Backstretcher was added to the regular company fitness programme for a period of 4 weeks.

In this study, carried out by the physiotherapist P. Verweij, not only the degree of back complaints was looked into, but also the improvement of work restriction, if this existed. This is done with an eye on the importance of productivity and in order to prevent resignation.

The most important results are listed in the table below:

	Total number	Complaints worse	Complaints unchanged	Complaints improved <50%	Complaints improved >=50%	Complaints disappeared
Back complaints	28	0 0%	3 11%	2 7%	21 75%	2 7%
Work restriction	21	2 10%	1 5%	0 0%	3 14%	15 71%
ADL restriction	24	0 0%	2 8%	1 4%	9 38%	12 50%

Conclusion from these results is that the Backstretcher causes a very relevant improvement of the complaints with approximately 90% of the people with chronic moderate complaints. These results confirm the findings of the study with severe patients.

However, the additional functional improvement is extremely important: of the people who were formerly restricted in their work, over 80% is free of restrictions at the end of the research period.
