

Publicaties van Suni in Spine



Finland

Spine

 UKK Institute

Centre for Health Promotion Research



Expertise in the
Promotion of Health-
enhancing Physical
Activity

Rugklachten, **Secundaire Preventie**

GHT in de recente wetenschap

2006

SPINE Volume 31, Number 18, pp E611-E620
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- **Control of the Lumbar Neutral Zone Decreases Low Back Pain and Improves Self-Evaluated Work Ability**
A 12-Month Randomized Controlled Study

Resultaten secundaire preventie:

Pijn:

44% minder pijn na 12 maanden in de Trainingsgroep
9 % minder pijn na 12 maanden in de Controlegroep

Negatieve opvatting over duurzame inzetbaarheid

50% vermindert in Trainingsgroep
20% vermindert in Controlegroep

Rugklachten, Secundaire Preventie GHT in de recente wetenschap

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Voorbeelden van GHT training



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Er is behoefte aan snelle
interventies gericht op preventie
van herhalingen van rugklachten

Rugklachten, Primaire Preventie

2013

GHT en de recente wetenschap

Maart 2013

Spine

SPINE Volume 38, Number 5, pp 375–384
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RANDOMIZED TRIAL

Neuromuscular Exercise and Counseling Decrease Absenteeism Due to Low Back Pain in Young Conscripts

A Randomized, Population-Based Primary Prevention Study

Jaana H. Suni, PT, PhD,* Henri Taanila, BM,†§ Ville M. Mattila, MD, PhD,‡§ Olli Ohrankämnen, MSc,¶
Petteri Vuorinen, Captain,|| Harri Pihlajamäki, MD, PhD,‡ and Jari Parkkari, MD, PhD†§



Rugklachten, Primaire Preventie

GHT en de recente wetenschap

2013

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RANDOMIZED TRIAL

Neuromuscular Exercise and Counseling
Decrease Absenteeism Due to Low Back
Pain in Young Conscripts

Significante resultaten:

Verzuim:

Bij rugklachten, 30% minder verzuimdagen
dan de controlegroep



RANDOMIZED TRIAL

Neuromuscular Exercise and Counseling
Decrease Absenteeism Due to Low Back
Pain in Young Conscripts

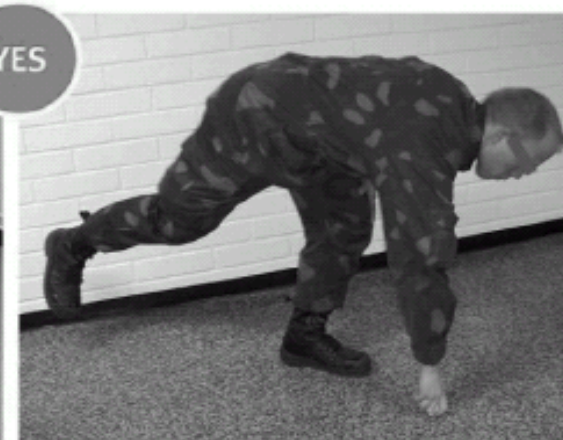
2013

B. Correct lifting techniques

Do heavy lifting together with your mates and plan the procedure beforehand.



Place your feet apart and keep the front foot facing forward rather than parallel. This helps keep the low back in the neutral zone.



When picking up light objects from the floor, squat with 1 leg, which automatically hinders lumbar flexion (rounded lumbar back).

**Train veilig ruggebruik met
GHT**

RANDOMIZED TRIAL

Neuromuscular Exercise and Counseling
Decrease Absenteeism Due to Low Back
Pain in Young Conscripts

2013

D. Check you posture in heavy tasks like shoveling and digging

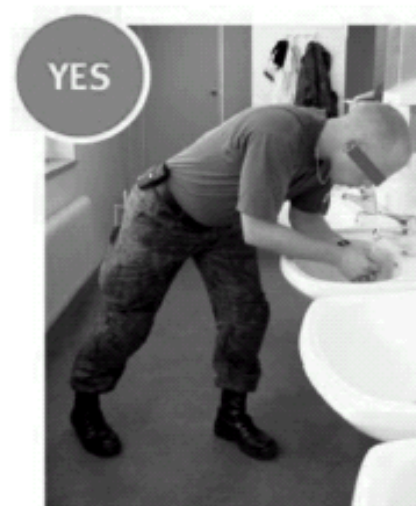
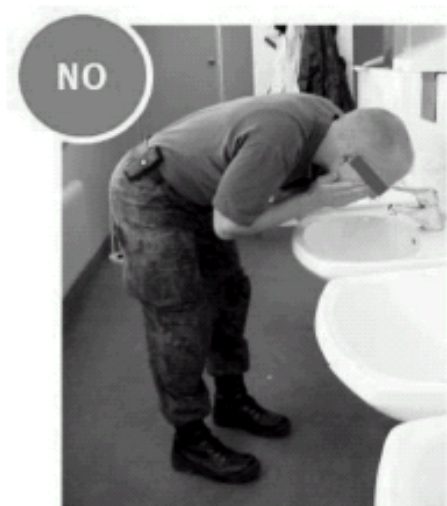
Use hip and knee flexion to squat down. Forward foot position or half knee stand both help avoid lumbar flexion (rounded lower back) while shoveling or digging.

Train veilig ruggebruik met GHT

RANDOMIZED TRIAL

2013

Neuromuscular Exercise and Counseling Decrease Absenteeism Due to Low Back Pain in Young Conscripts



While washing your face, use one-leg squat position and lean over the front leg by hip flexion.

Train veilig ruggebruik met GHT

Neuromuscular Exercise and Counseling Decrease Absenteeism Due to Low Back Pain in Young Conscripts



Use one-leg squat position to lean over the bed or half knee stand to avoid rounded back while making the bed.

Train veilig ruggebruik met GHT

RANDOMIZED TRIAL

Neuromuscular Exercise and Counseling
Decrease Absenteeism Due to Low Back
Pain in Young Conscripts

Conclusie uit onderzoek naar primaire en
secundaire preventie van rugklachten

Bij beiden is
Preventie van overbelasting
de essentie

En spelen **GHT** de hoofdrol

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