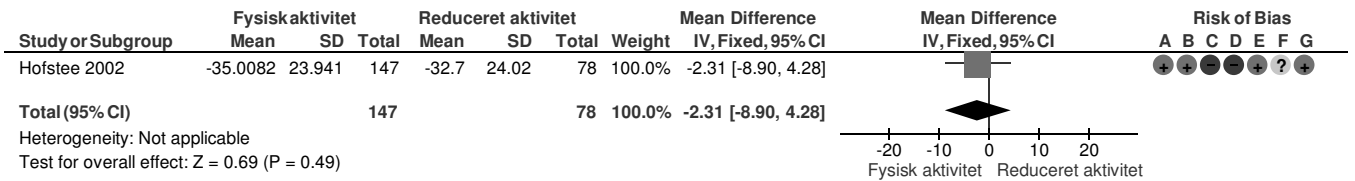


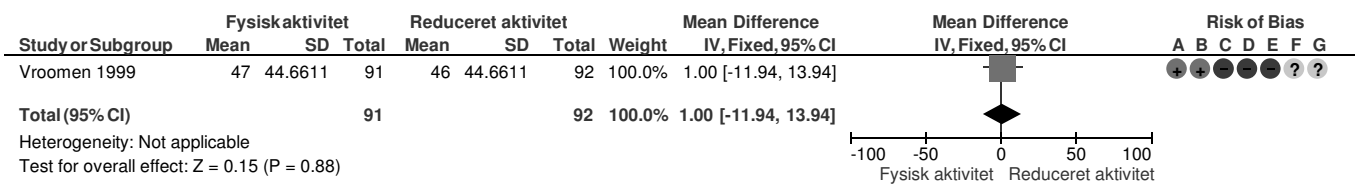
4.4 Funktionsevne (3-6 md)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Blinding of participants and personnel
- (D) Blinding of outcome assessors
- (E) Incomplete outcome data
- (F) Selective outcome reporting
- (G) Other sources of bias

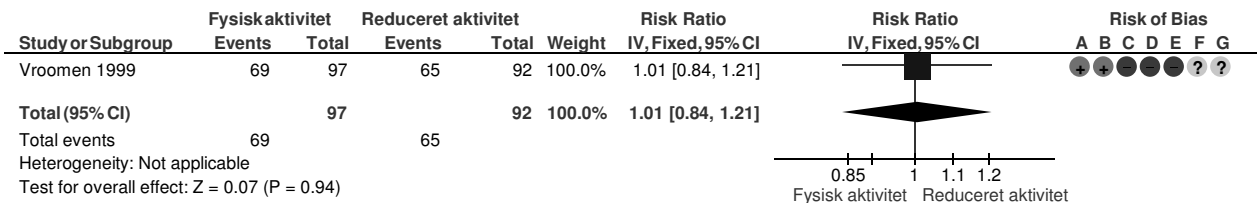
4.5 Arbejdsevne (Median no. of days of work missed, 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Blinding of participants and personnel
- (D) Blinding of outcome assessors
- (E) Incomplete outcome data
- (F) Selective outcome reporting
- (G) Other sources of bias

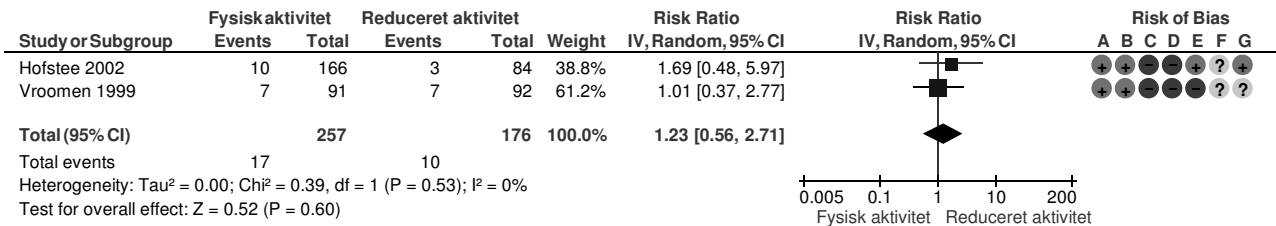
4.6 Arbejdsevne (andel tilbage til arbejde, 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Blinding of participants and personnel
- (D) Blinding of outcome assessors
- (E) Incomplete outcome data
- (F) Selective outcome reporting
- (G) Other sources of bias

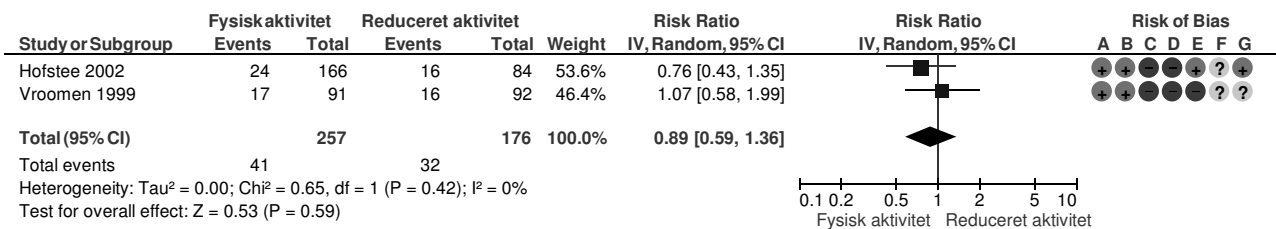
4.7 Dropout (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Blinding of participants and personnel
- (D) Blinding of outcome assessors
- (E) Incomplete outcome data
- (F) Selective outcome reporting
- (G) Other sources of bias

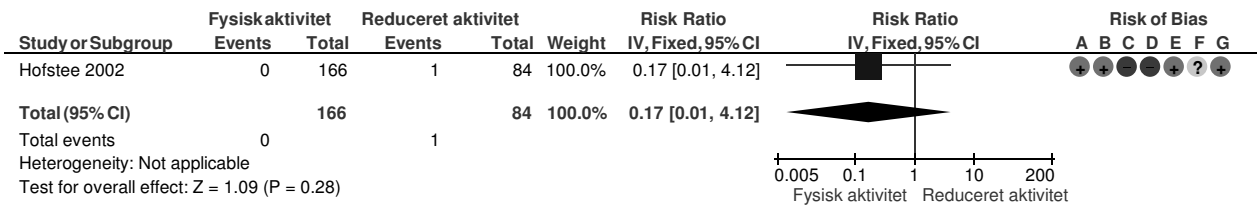
4.8 Antal lumbale operationer (op til 6 md.)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Blinding of participants and personnel
- (D) Blinding of outcome assessors
- (E) Incomplete outcome data
- (F) Selective outcome reporting
- (G) Other sources of bias

4.9 Blodpropper (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Blinding of participants and personnel
- (D) Blinding of outcome assessors
- (E) Incomplete outcome data
- (F) Selective outcome reporting
- (G) Other sources of bias

4.10 Neurologiske udfald (op til 12 uger)

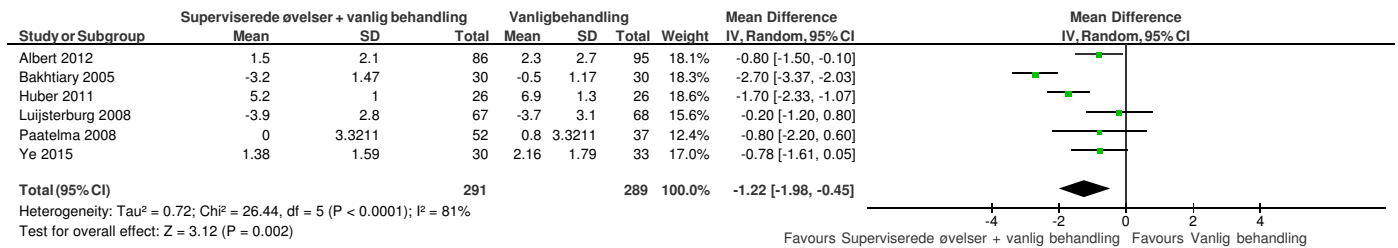
Study or Subgroup	Fysisk aktivitet		Reduceret aktivitet		Weight	Odds Ratio	Odds Ratio	Risk of Bias								
	Events	Total	Events	Total		M-H, Fixed, 95% CI	M-H, Fixed, 95% CI	A	B	C	D	E	F	G		
Total (95% CI)		0		0		Not estimable										
Total events	0		0													
Heterogeneity: Not applicable																
Test for overall effect: Not applicable																

Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Blinding of participants and personnel
- (D) Blinding of outcome assessors
- (E) Incomplete outcome data
- (F) Selective outcome reporting
- (G) Other sources of bias

1 Superviserede øvelser + vanlig behandling vs Vanlig behandling

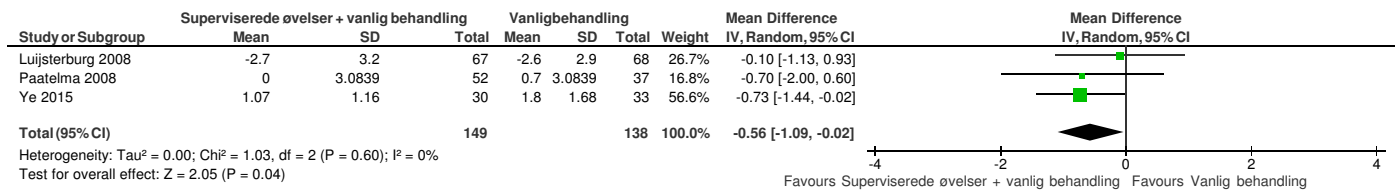
1.1 Bemserte (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

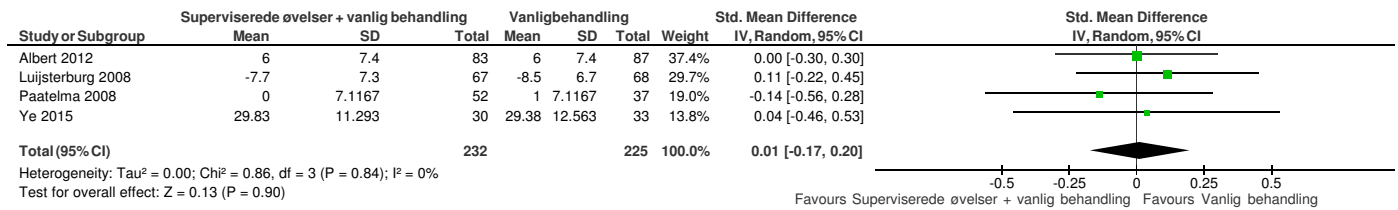
1.2 Rygsmerter (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

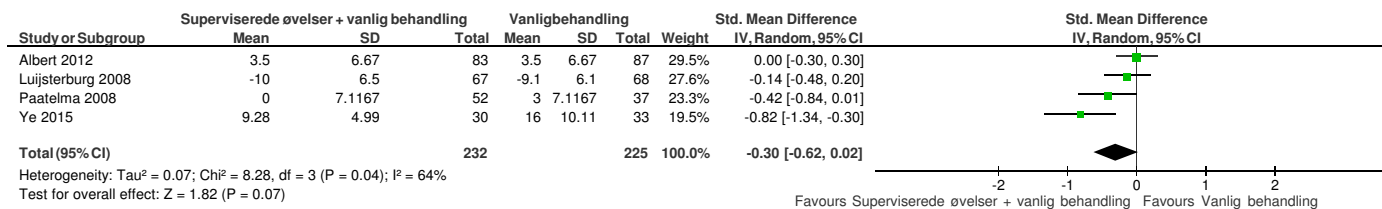
1.3 Funktionsevne (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

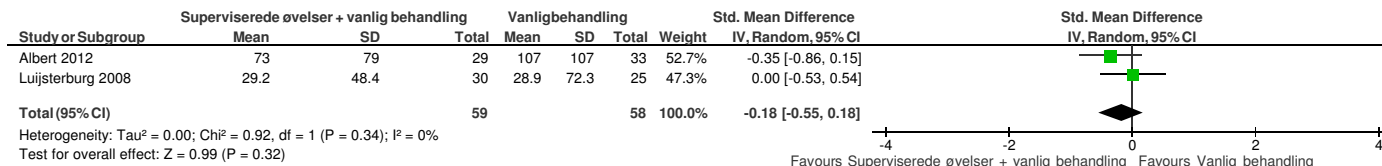
1.4 Funktionsevne (3-12 md)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

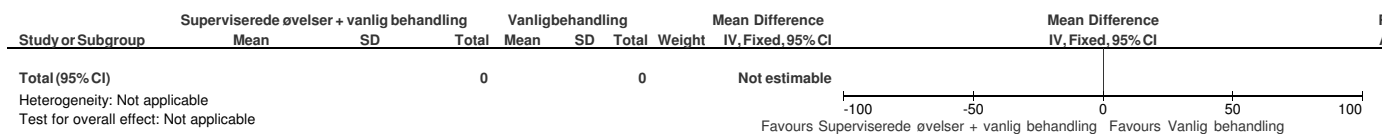
1.5 Arbejdsevne, dage sygemeldt (op til 12 md)



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

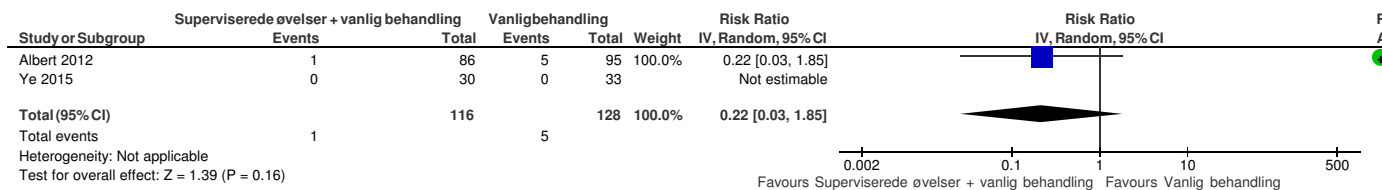
1.6 Smertehåndtering



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

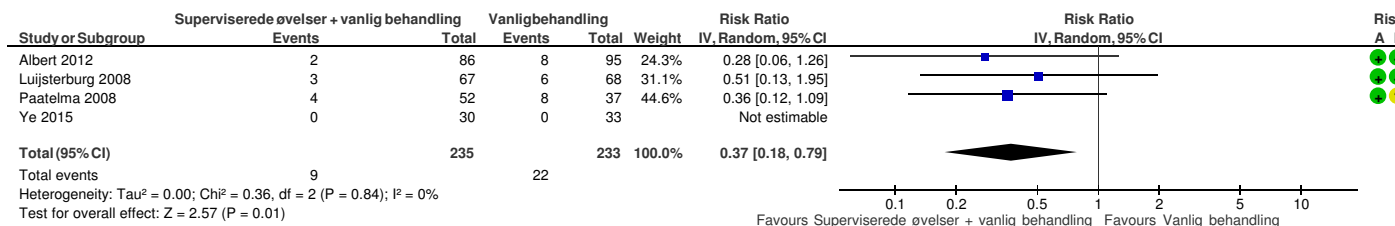
1.7 Neurologiske udfald, kort tid



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

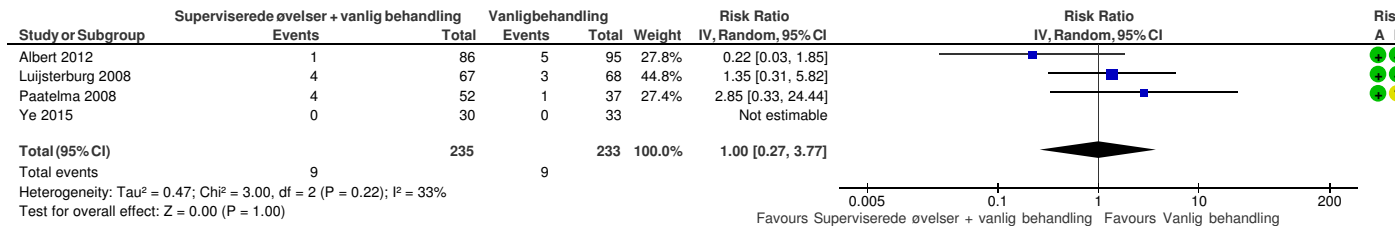
1.8 Drop out, kort tid



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

1.9 Lumbal operation



Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

1.10 back to work, (12 week)

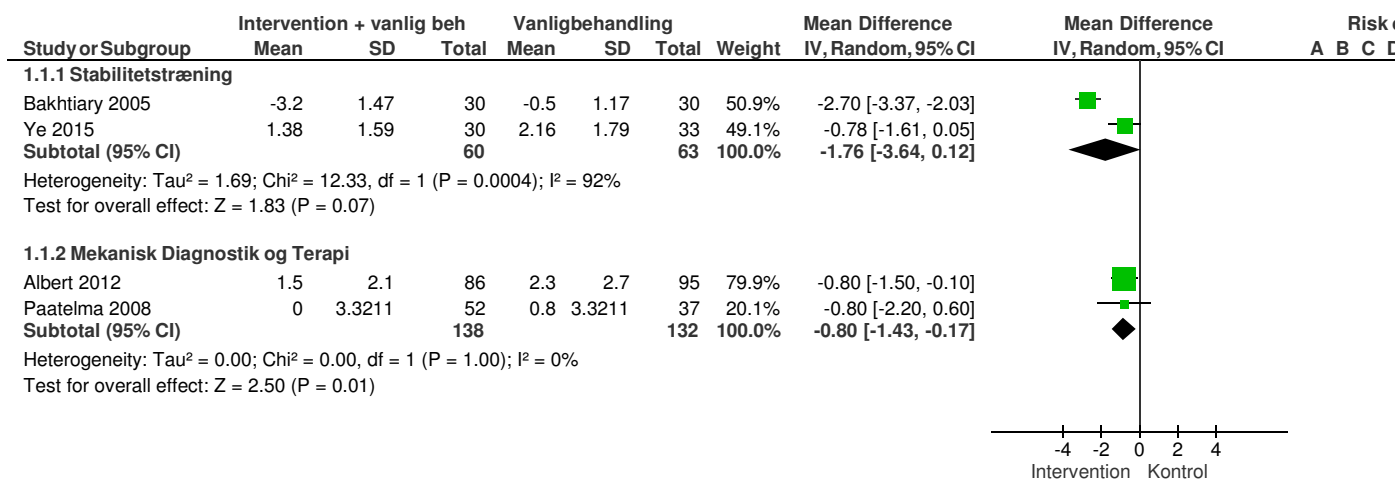


Risk of bias legend

- (A) Sequence Generation
- (B) Allocation concealment
- (C) Selective outcome reporting
- (D) Other sources of bias

1 Intervention + vanlig behandling vs Vanlig behandling

1.1 Bensmerte (op til 12 uger)

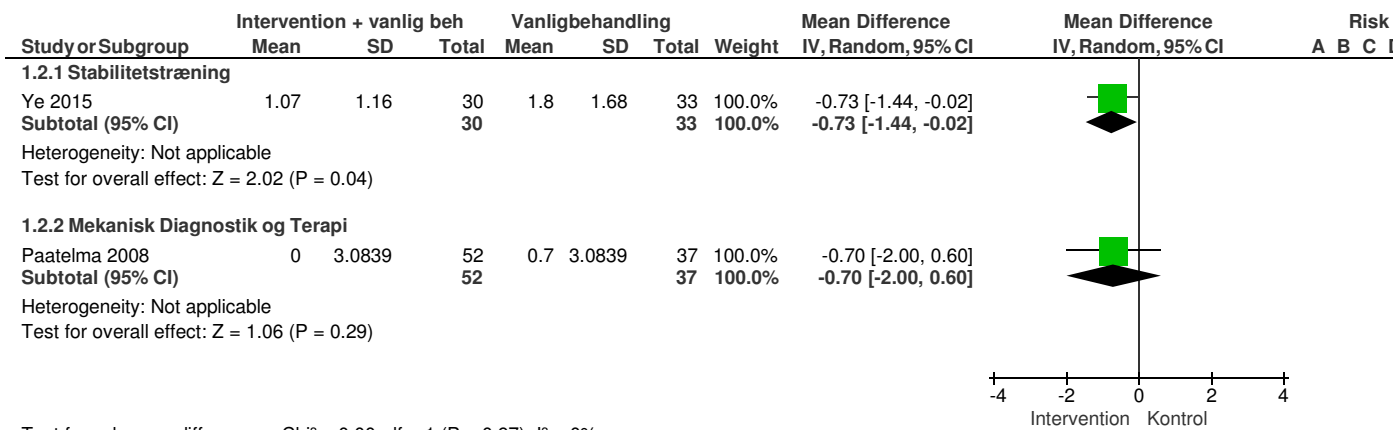


Test for subgroup differences: Chi² = 0.89, df = 1 (P = 0.34), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.2 Rygsmerter (op til 12 uger)

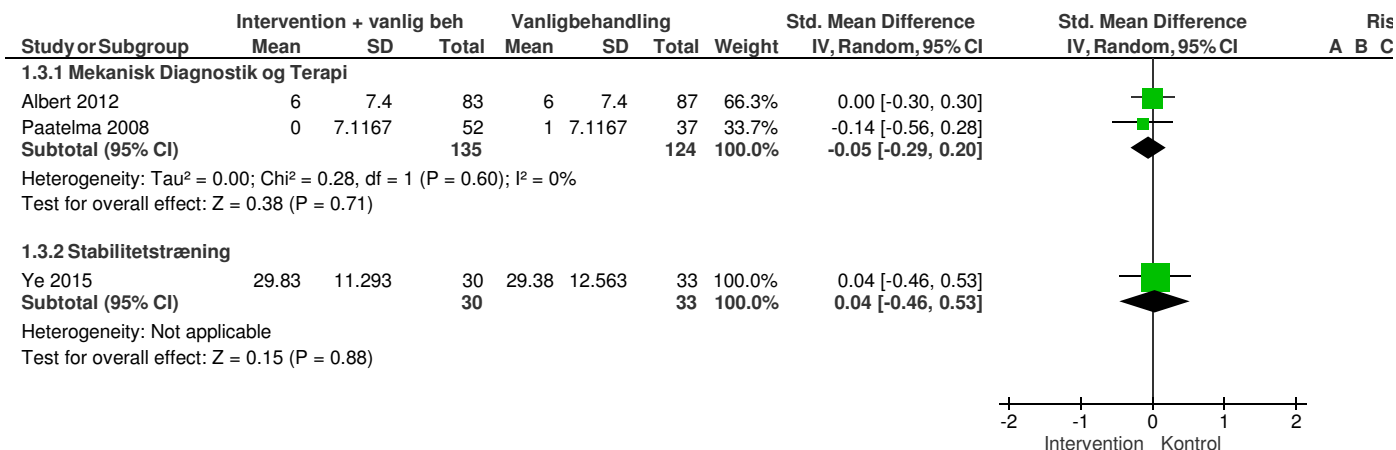


Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.97), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.3 Funktionsevne (op til 12 uger)

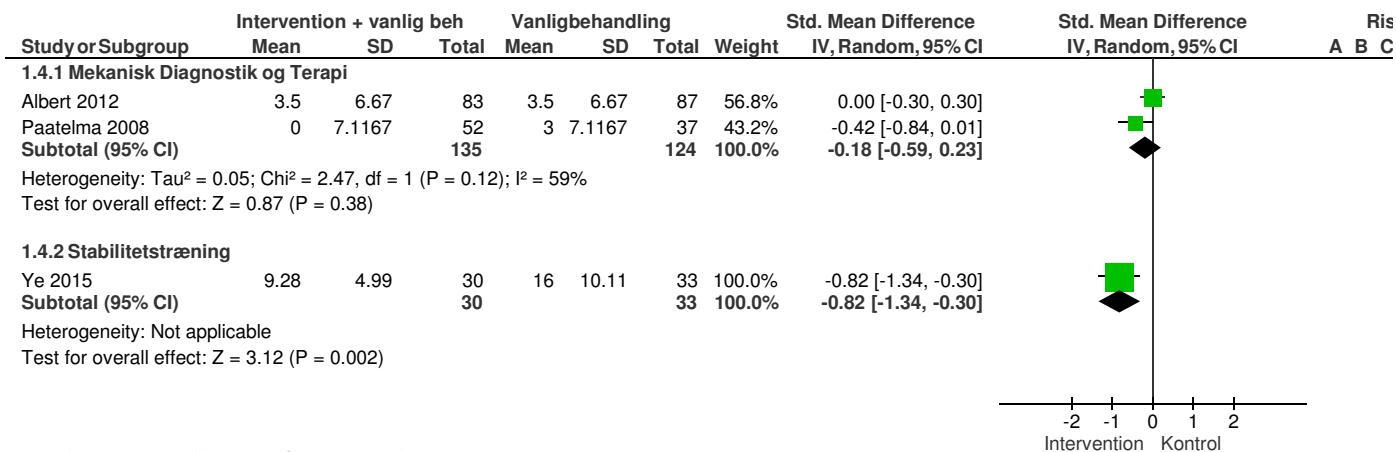


Test for subgroup differences: Chi² = 0.09, df = 1 (P = 0.77), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.4 Funktionsevne (3-12 md)

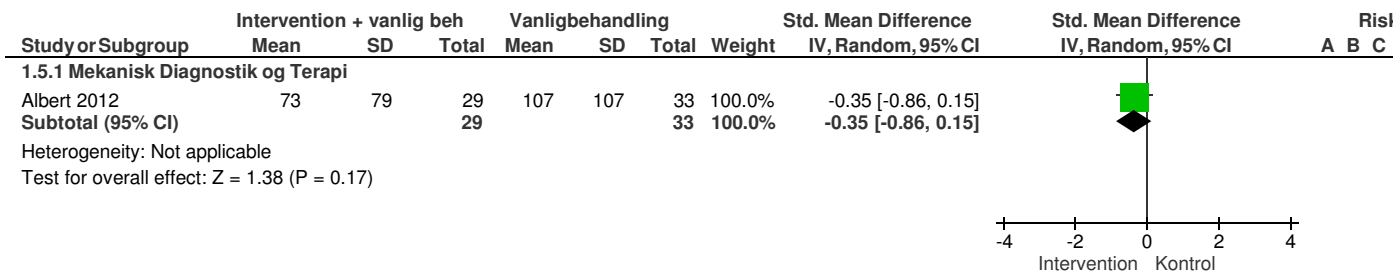


Test for subgroup differences: Chi² = 3.65, df = 1 (P = 0.06), I² = 72.6%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.5 Arbejdsevne, dage sygemeldt (op til 12 md)

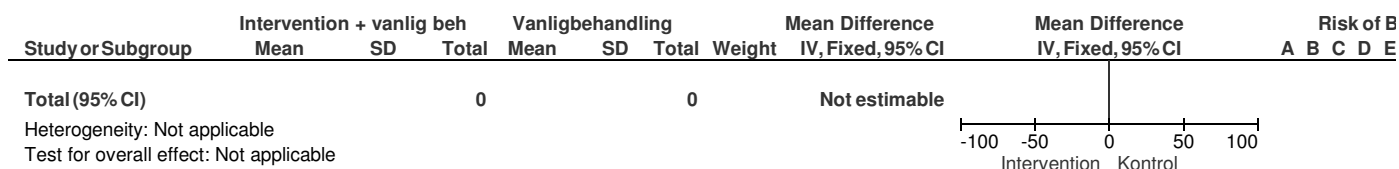


Test for subgroup differences: Not applicable

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

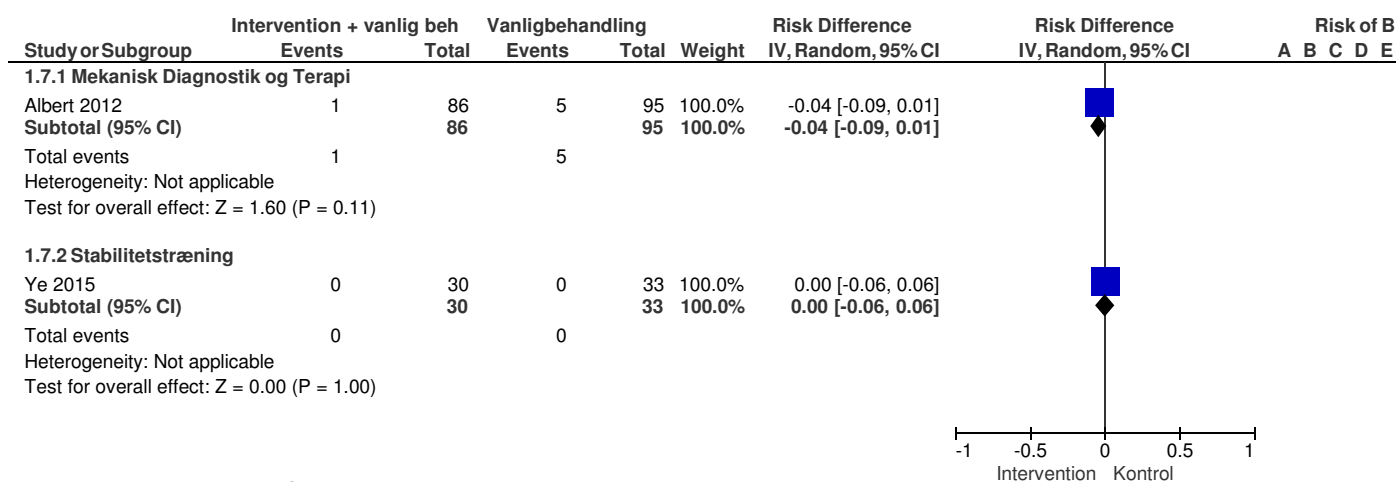
1.6 Smertehåndtering



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

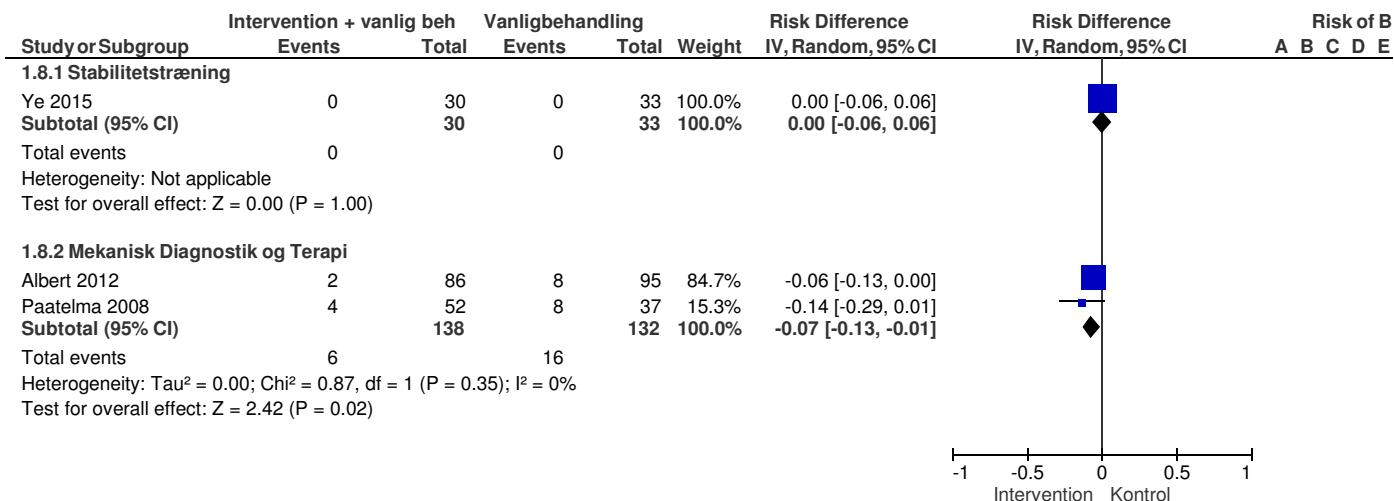
1.7 Neurologiske udfald, kort tid



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.8 Drop out, kort tid

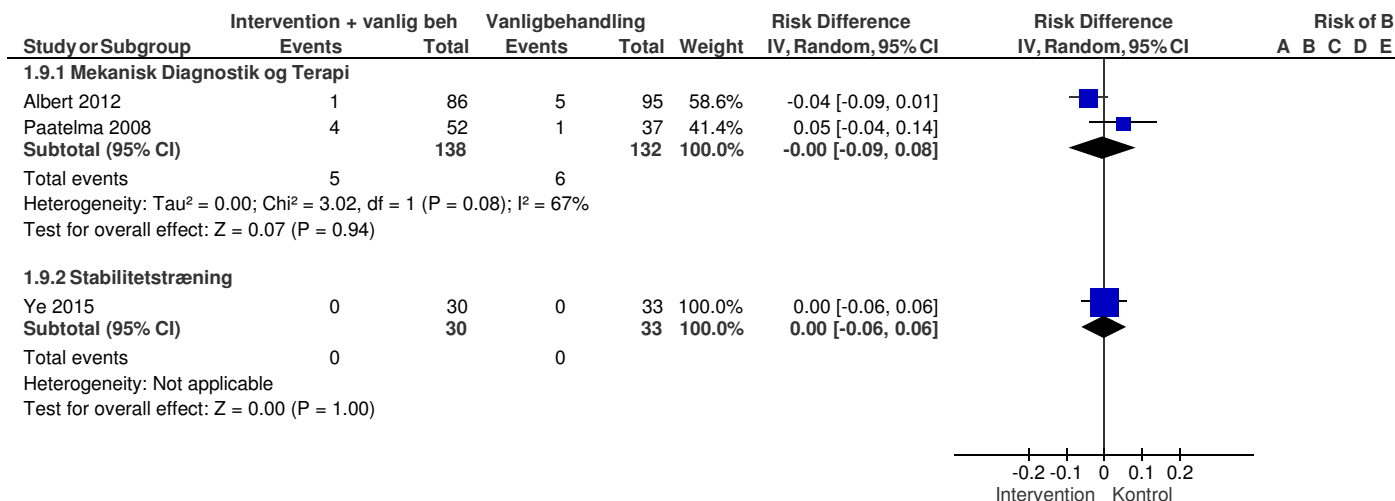


Test for subgroup differences: Chi² = 2.88, df = 1 (P = 0.09), I² = 65.3%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.9 Lumbal operation

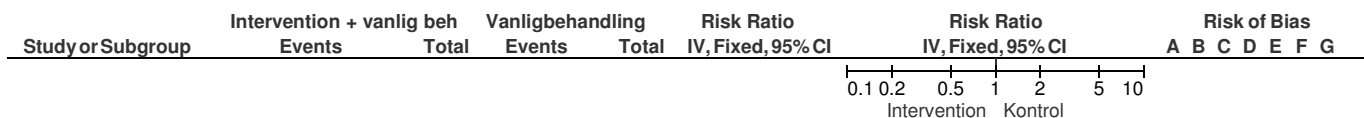


Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.95), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.10 back to work, (12 week)

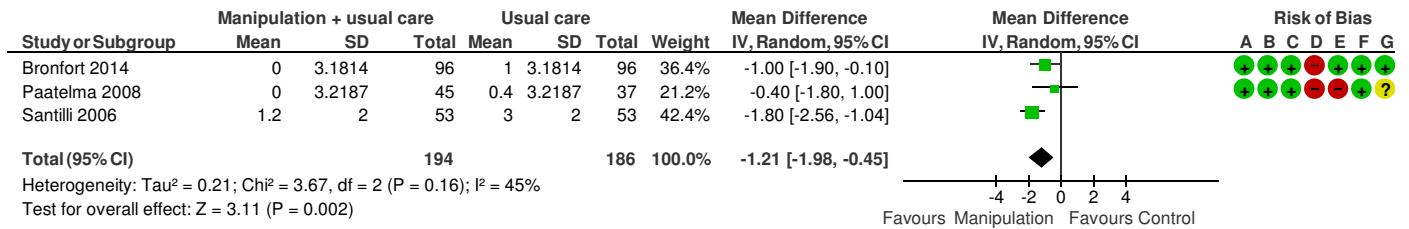


Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1 Manipulation + usual care vs usual care

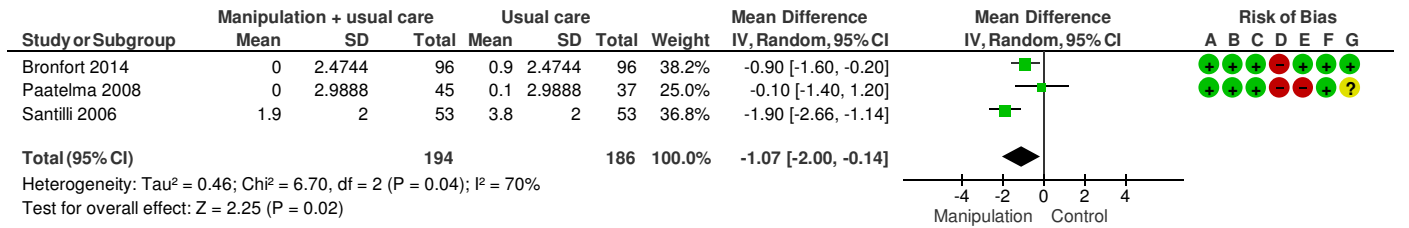
1.1 Bensmerte (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

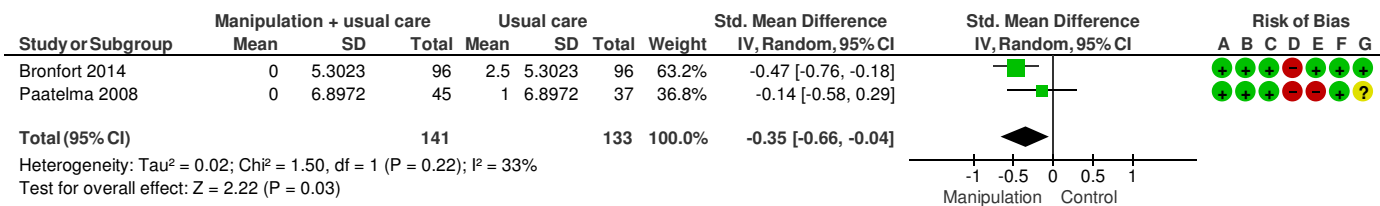
1.2 Rygsmerter (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

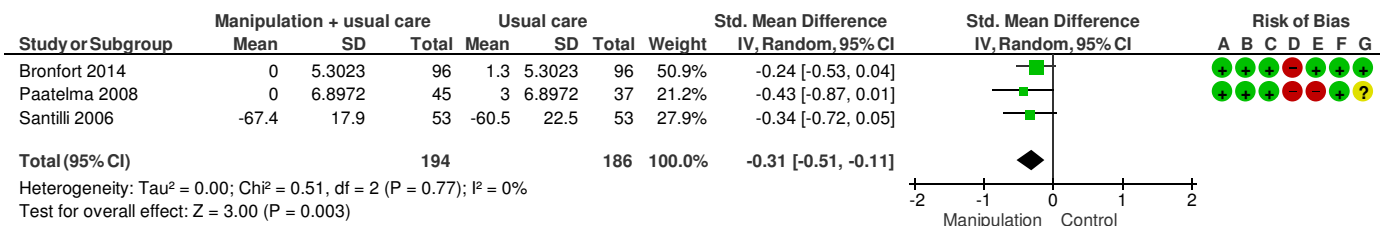
1.3 Funktionsevne (op til 12 uger)



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

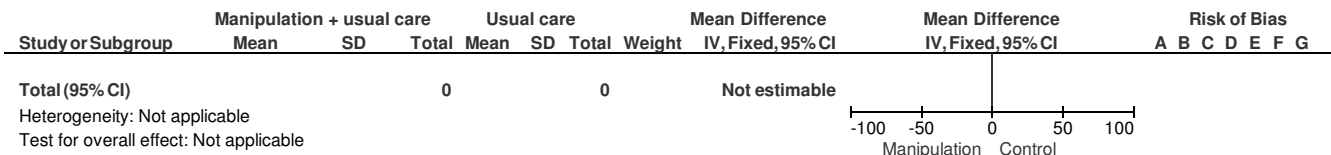
1.4 Funktionsevne (12 måneder)



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

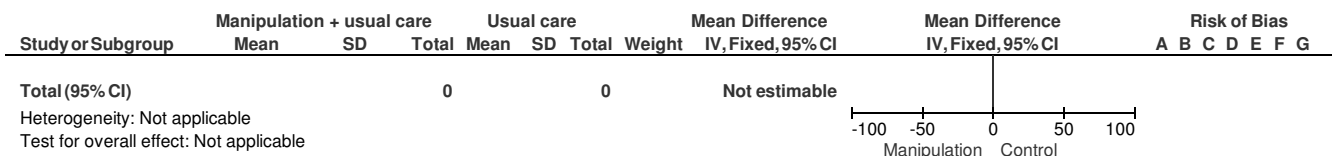
1.5 arbejdsevne (andel tilbage på arbejde op til 12 mdr)



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

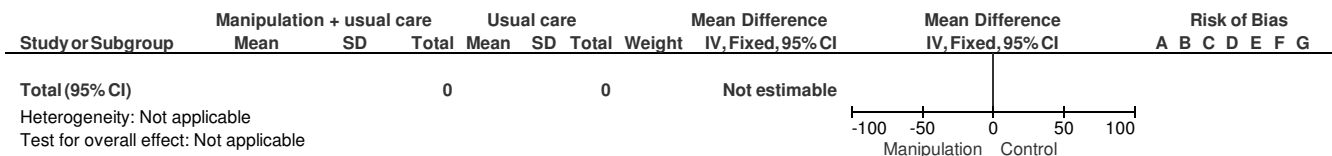
1.6 smertehåndtering



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

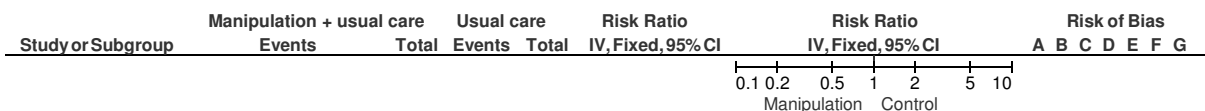
1.7 arbejdsevne (dage sygemeldt op til 6 måneder)



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

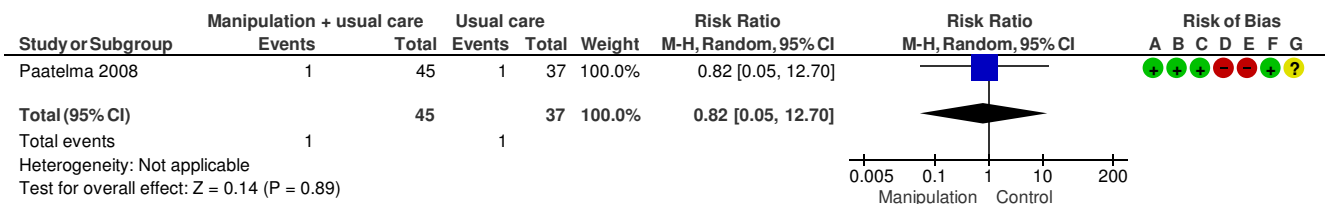
1.8 andel tilbage på arbejde (12 mdr)



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

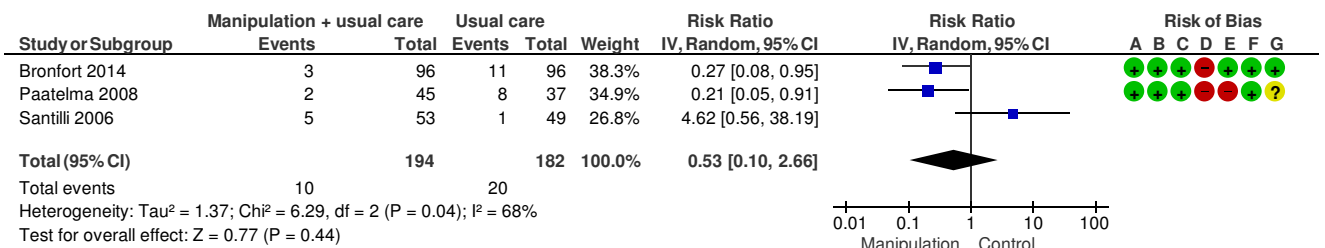
1.9 Lumbal operation



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

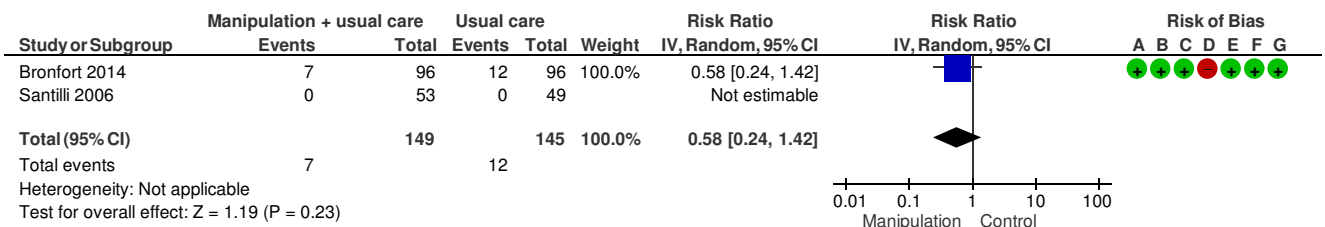
1.10 Drop out, kort tid



Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

1.11 Neurologiske udfald



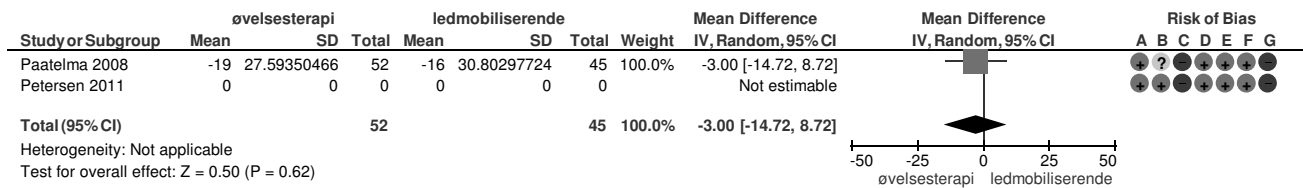
Risk of bias legend

- (A) Sequence Generation
- (B) Blinding of outcome assessors
- (C) Selective outcome reporting
- (D) Blinding of participants and personnel
- (E) Other sources of bias
- (F) Incomplete outcome data
- (G) Allocation concealment

[Intervention] for [health problem]

2 superviseret øvelsesterapi vs. manuelle ledmobiliserende teknikker

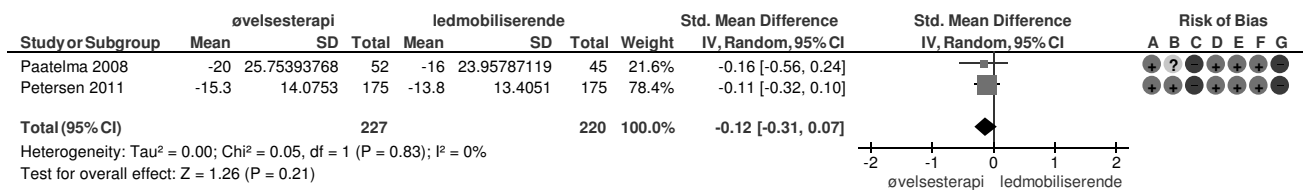
2.1 Bensmerte (VAS mm) (op til 12 uger)



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

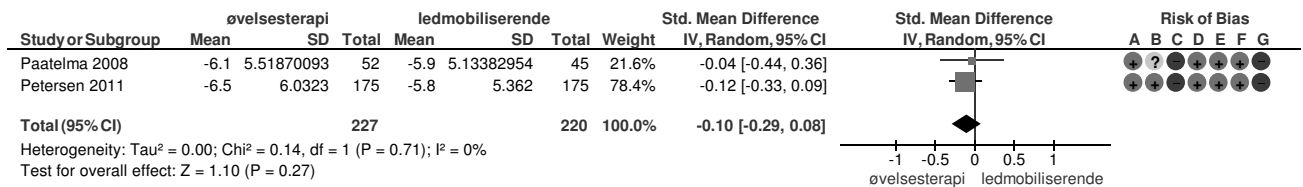
2.2 Rygsmerter (VAS mm) (op til 12 uger)



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

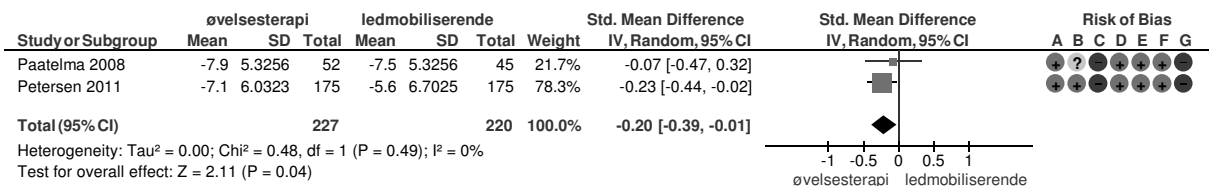
2.3 Funktionsevne (op til 12 uger)



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

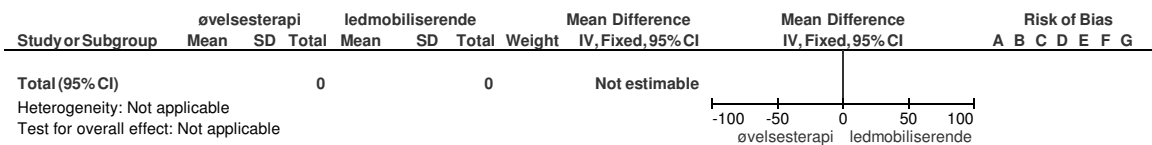
2.4 Funktionsevne (12 måneder)



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

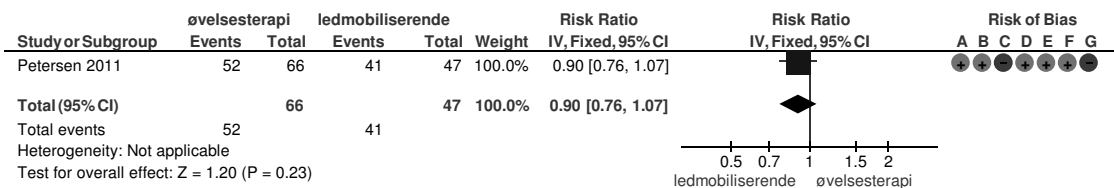
2.6 smertehåndtering



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

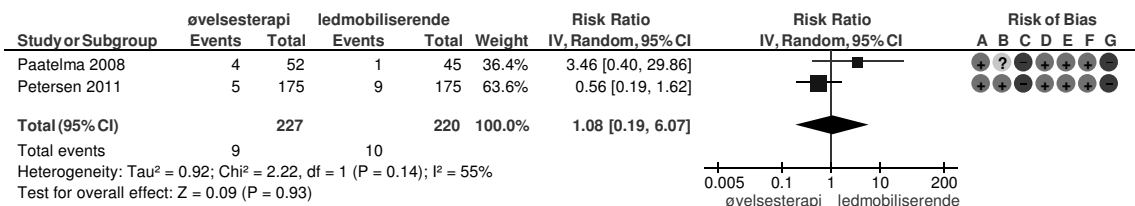
2.8 andel tilbage på arbejde (12 mdr)



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

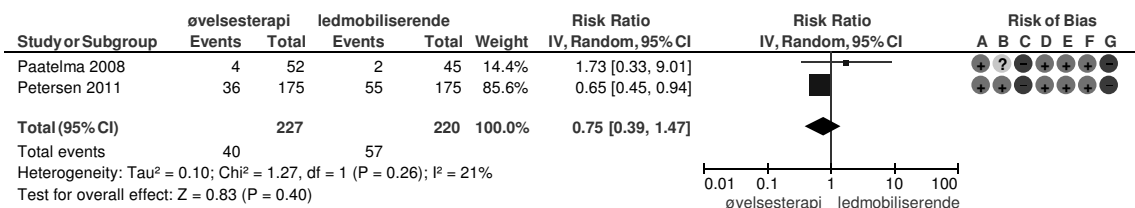
2.9 Lumbal operation



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

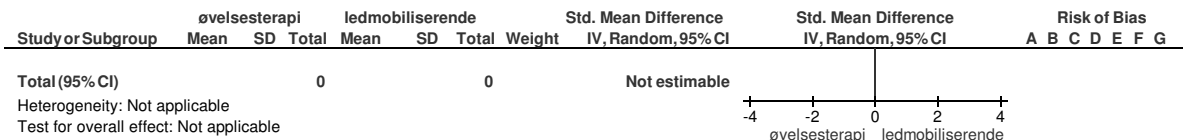
2.10 Drop out, kort tid



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

2.11 Arbejdsevne, dage sygemeldt (op til 12 md)

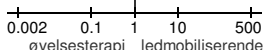


Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

2.12 Neurologiske udfald, kort tid

Study or Subgroup	øvelsesterapi		ledmobiliserende		Weight	Risk Ratio	Risk Ratio	Risk of Bias						
	Events	Total	Events	Total		IV, Random, 95% CI	IV, Random, 95% CI	A	B	C	D	E	F	G
Total (95% CI)		0		0		Not estimable								
Total events	0		0											
Heterogeneity: Not applicable														
Test for overall effect: Not applicable														

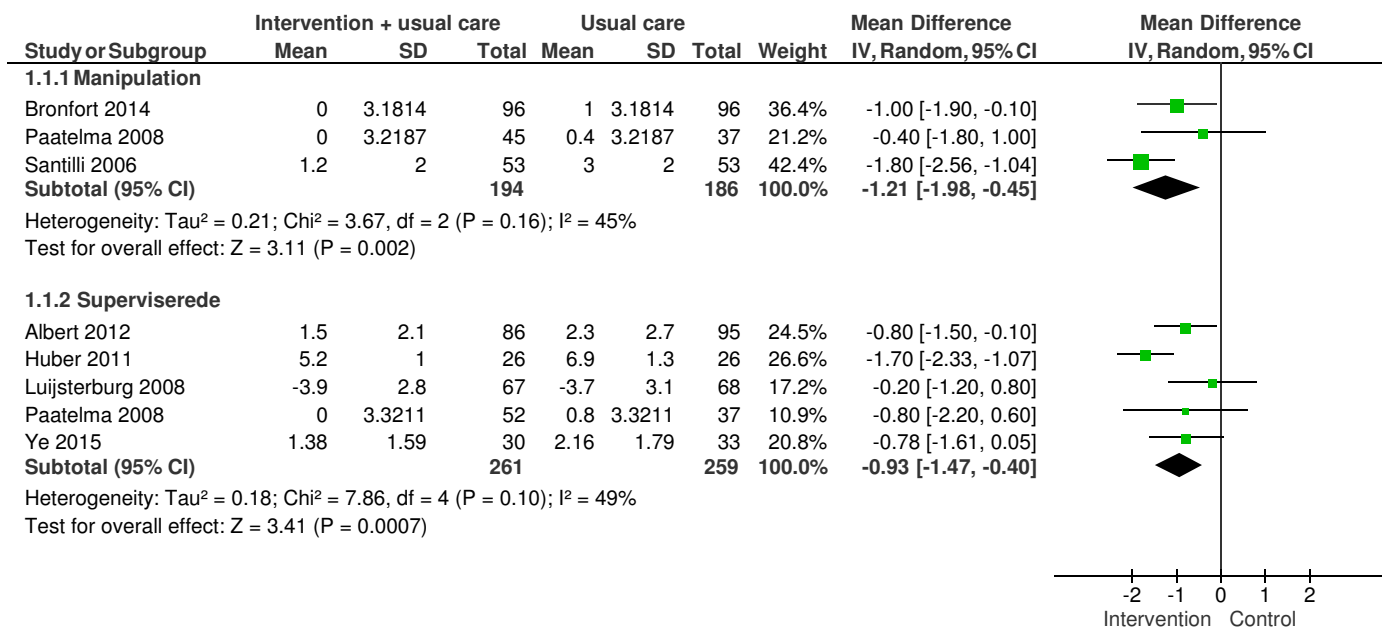


Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1 Intervention + usual care vs usual care (indirekte evidens)

1.1 Bensmerte (op til 12 uger)

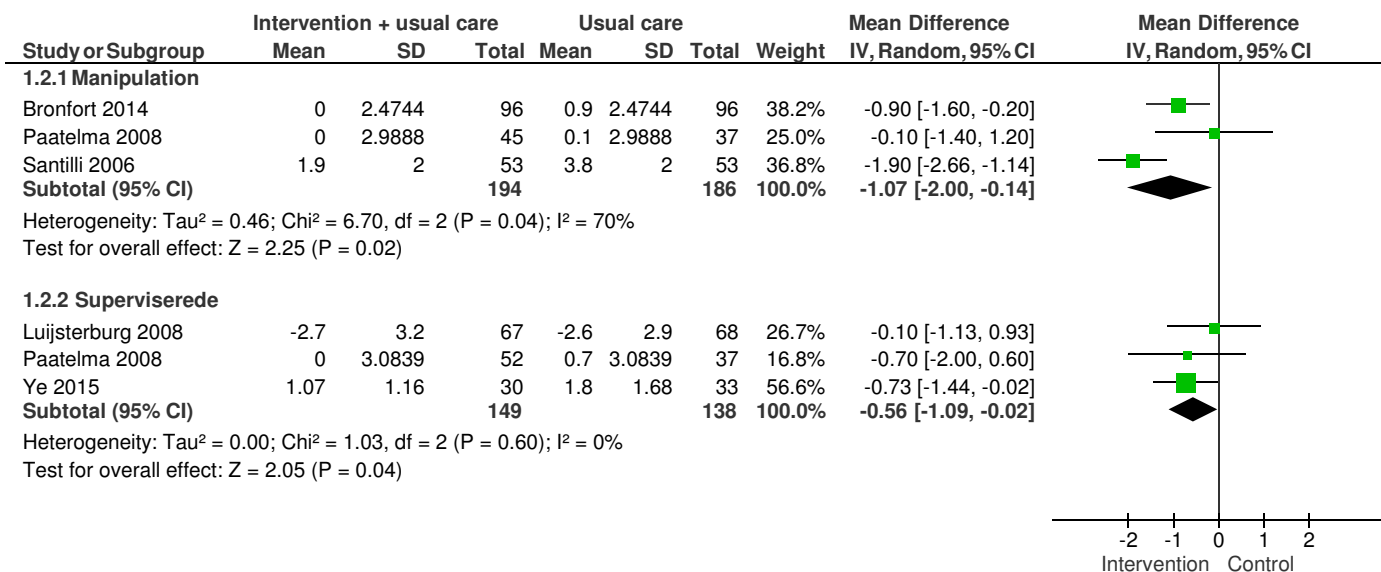


Test for subgroup differences: Chi² = 0.35, df = 1 (P = 0.56), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.2 Rygsmerte (op til 12 uger)

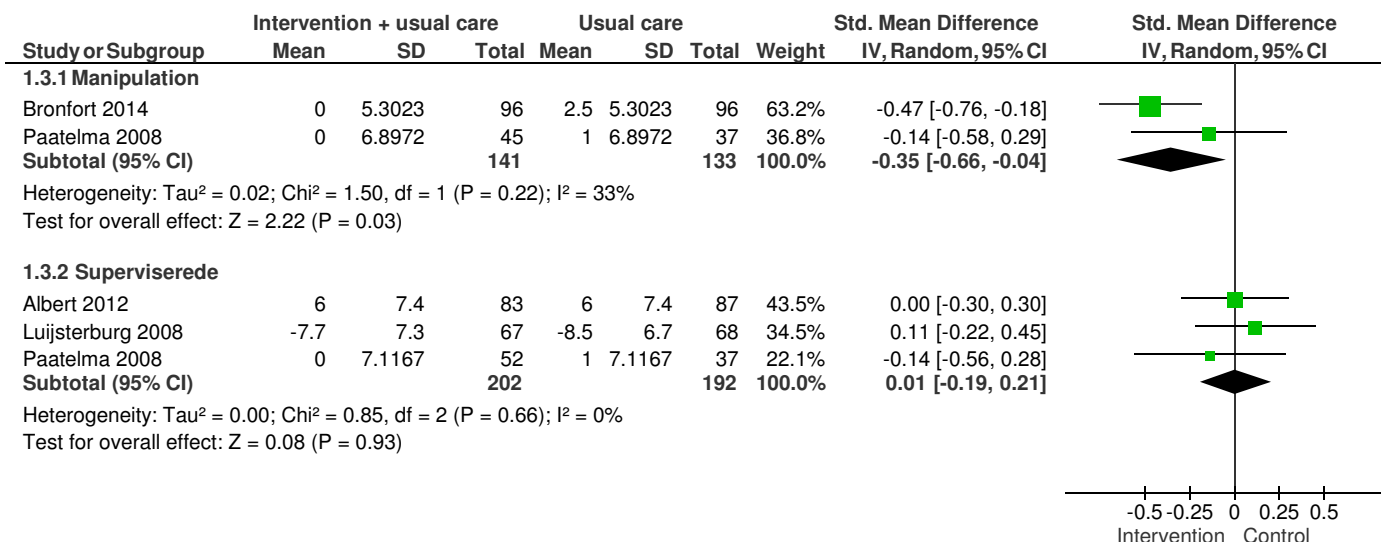


Test for subgroup differences: Chi² = 0.87, df = 1 (P = 0.35), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.3 Funktionsevne (op til 12 uger)

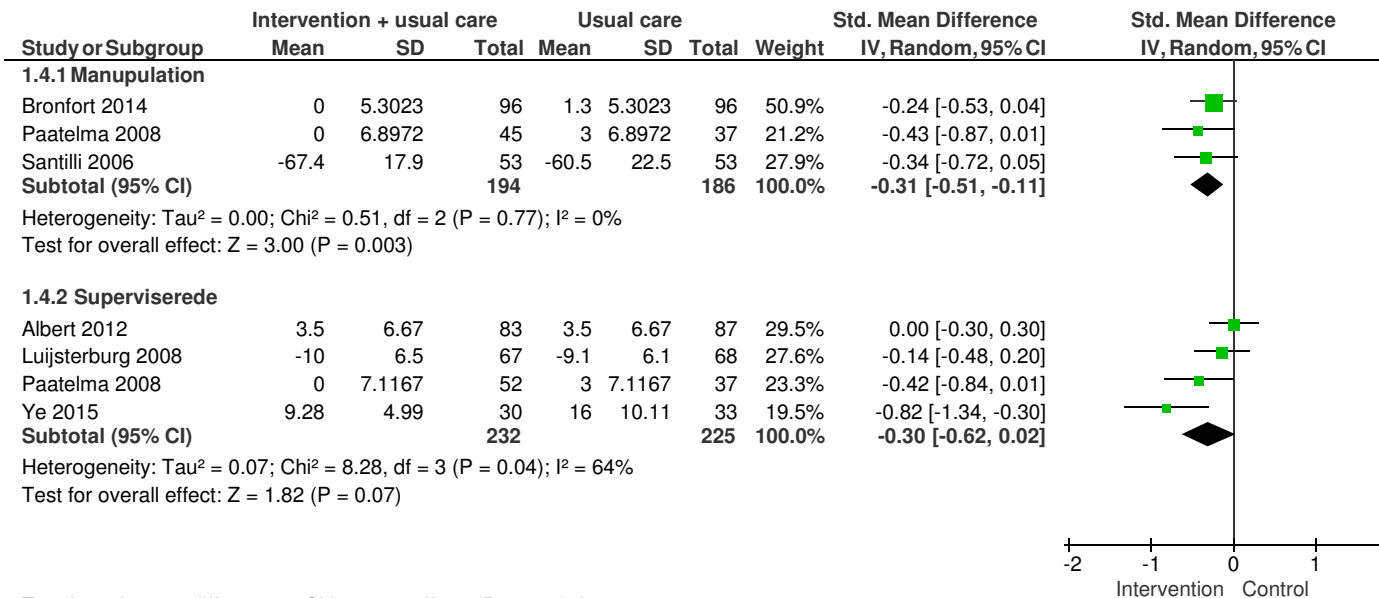


Test for subgroup differences: Chi² = 3.66, df = 1 (P = 0.06), I² = 72.7%

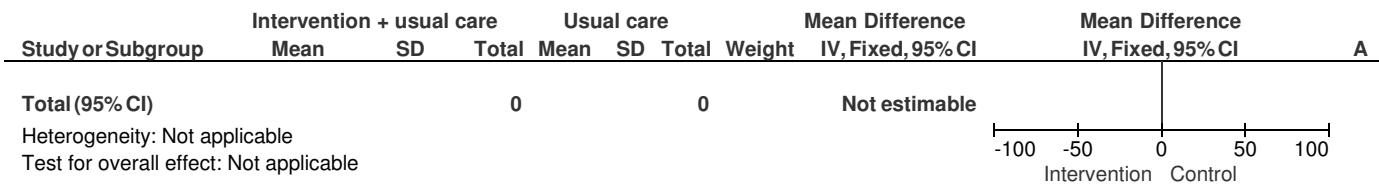
Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.4 Funktionsevne (12 måneder)



1.6 smertehåndtering



Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.8 andel tilbage på arbejde (12 mdr)

Study or Subgroup	Intervention + usual care		Usual care		Risk Ratio IV, Fixed, 95% CI	Risk Ratio IV, Fixed, 95% CI		Risk of Bias						
	Events	Total	Events	Total		Intervention	Control	A	B	C	D	E	F	G

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.9 Lumbal operation

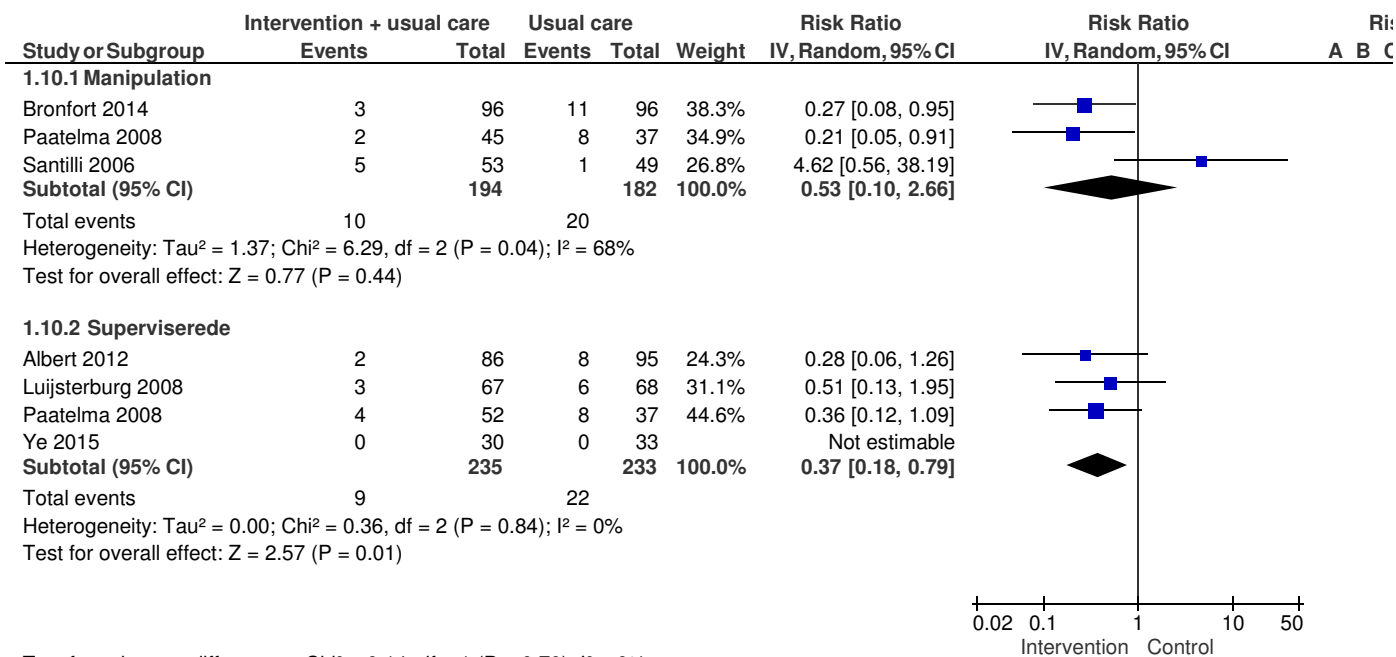
Study or Subgroup	Intervention + usual care		Usual care		Weight	Risk Ratio IV, Random, 95% CI	Risk Ratio IV, Random, 95% CI	Risk of Bias		
	Events	Total	Events	Total					A	B
1.9.1 Manipulation										
Paatelma 2008	1	45	1	37	100.0%	0.82 [0.05, 12.70]				
Subtotal (95% CI)		45		37	100.0%	0.82 [0.05, 12.70]				
Total events	1		1							
Heterogeneity: Not applicable										
Test for overall effect: Z = 0.14 (P = 0.89)										
1.9.2 Superviserede										
Albert 2012	1	86	5	95	27.8%	0.22 [0.03, 1.85]				
Luijsterburg 2008	4	67	3	68	44.8%	1.35 [0.31, 5.82]				
Paatelma 2008	4	52	1	37	27.4%	2.85 [0.33, 24.44]				
Ye 2015	0	30	0	33		Not estimable				
Subtotal (95% CI)		235		233	100.0%	1.00 [0.27, 3.77]				
Total events	9		9							
Heterogeneity: Tau ² = 0.47; Chi ² = 3.00, df = 2 (P = 0.22); I ² = 33%										
Test for overall effect: Z = 0.00 (P = 1.00)										

Test for subgroup differences: Chi² = 0.02, df = 1 (P = 0.90), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.10 Drop out, kort tid

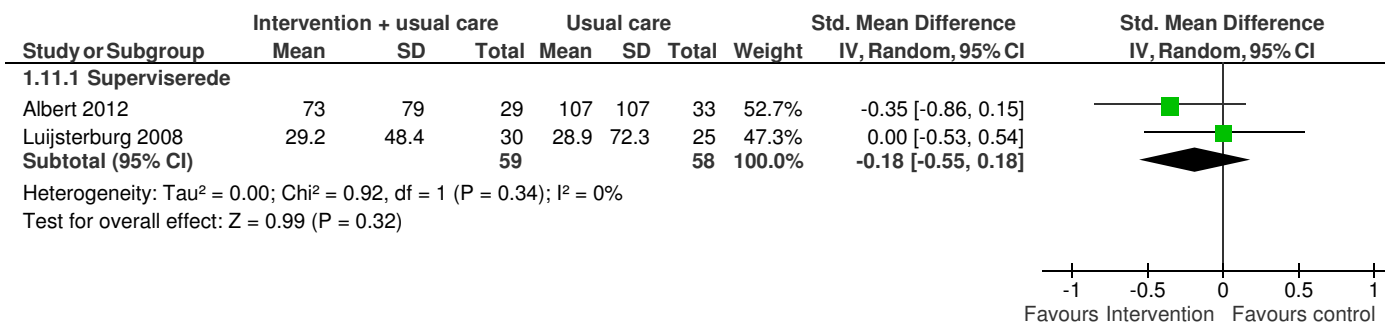


Test for subgroup differences: Chi² = 0.14, df = 1 (P = 0.70), I² = 0%

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.11 Arbejdsevne, dage sygemeldt (op til 12 md)

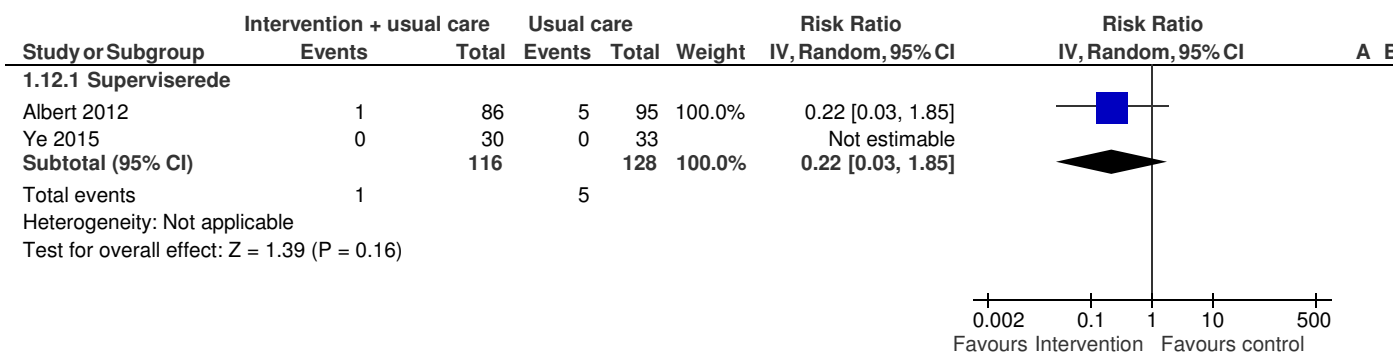


Test for subgroup differences: Not applicable

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias

1.12 Neurologiske udfald, kort tid



Test for subgroup differences: Not applicable

Risk of bias legend

- (A) Random sequence generation (selection bias)
- (B) Allocation concealment (selection bias)
- (C) Blinding of participants and personnel (performance bias)
- (D) Blinding of outcome assessment (detection bias)
- (E) Incomplete outcome data (attrition bias)
- (F) Selective reporting (reporting bias)
- (G) Other bias