

Søgeprotokol for Nationale Kliniske Retningslinjer

Projektstitel/aspekt	NKR for Lumbal rodpåvirkning - Guidelines
Kontakt Fagkonsulent/ projektleder	Per Kjær/Christine Skovgaard
Kontakt søgespecialist	Hanne Caspersen/Marina Therese Axelsen - AU Library Sundhedsvidenskab
Senest opdateret	10.4.2015

Baggrund	<p>Det skønnes, at 1-10 % af danske patienter med ondt i ryggen lider af lumbal nerverodspåvirkning. 60 % af patienterne er symptomfrie inden for 3 måneder, dog kan symptomerne blive langvarige og medføre øget risiko for sociale konsekvenser i form af tab af job.</p> <p>Patientgruppen er hårdt ramt af smerter, og lidelsen kan således medføre sygemelding. Ifølge visitationsretningslinjerne og regionale forløbsprogrammer på området bør beslutning om kirurgi for lumbal prolaps træffes 6-12 uger efter symptomdebut, såfremt der ikke forinden opstår akut indikation for operativt indgreb. Patienten gennemgår således typisk et konservativt behandlingsforløb, inden der i sygehusregi foretages vurdering af, hvorvidt kirurgisk intervention skal tilbydes.</p> <p>Den konservative behandling foregår typisk hos praktiserende læge, kiropraktor eller fysioterapeut efter henvisning fra praktiserende læge, men også på rygcentre og i ambulatorier i sekundærsektoren. Disse behandlingstiltag kan variere afhængig af, hvilken behandler patienten ser, og hvilken region, patienten bor i. Det skønnes, at der er stor variation i praksis og en grad af tilfældighed i de tilbud om konservativ behandling, som patienterne tilbydes. Den nationale kliniske retningslinje skal udformes på en sådan måde, at den:</p> <ol style="list-style-type: none"> 1) Bygger på den bedst tilgængelige evidens 2) Giver konkrete anbefalinger til de sundhedsprofessionelle i de situationer, hvor der skal træffes konkrete beslutninger undervejs i patientforløbene. 3) Går på tværs af sektorer og sundhedsprofessionelle
Søgetermer	<p>Engelske: Lumbar vertebrae ; Radiculopathy ; Lower back pain ; Intervertebral disc degeneration ; Intervertebral disc ; Intervertebral disc displacement ; Nerve root compression ; Nerve root ; Sciatica ; Back pain ; Prolapse</p> <p>Danske: Diskusprolaps</p> <p>Norske: Rygg smerter ; Lumbal skiveprolaps</p> <p>Svenske: Lumbal ; Ryggsmärta</p>
Inklusions- og eksklusionskriterier	<p>Sprog: Engelsk, dansk, norsk og svensk</p> <p>År: de sidste 10 år, (2004-2014)</p> <p>Population: Adults 18-</p> <p>Publikationstyper: Guidelines</p>

Informationskilder

Databaser	Interface	Fund	Dato for søgning
G-I-N International	Internet	125	13.3.2015
NICE (UK)	Internet	121	13.3.2015
National Guideline Clearinghouse (USA)	Internet	70	13.3.2015
Scottish Intercollegiate Guidelines Network (SIGN)	Internet	0	13.3.2015
HTA Databasen (CRD database)	Internet	122	16.3.2015
SBU, Sverige	Internet	7	16.3.2015
Socialstyrelsen, Sverige	Internet	22	16.3.2015

Helsedirektoratet, Norge	Internet	1	16.3.2015
Kunnskapssenteret, Norge	Internet	77	16.3.2015
Netpunkt	Internet	35	16.3.2015
Medline	OVID	378	17.3.2015
EMBASE	OVID	331	17.3.2015

Referencer i alt: 1289

Overført til RefWorks: 994 (inkl. dubletter)

Overført til Covidence: 740, heraf 32 relevante til fuldtekst, hvoraf 7 ikke kunne fremskaffes.

Søgestrategi

Der er søgt på følgende søgeord i de respektive informationskilder:

Engelske: Lumbar vertebrae, Radiculopathy, Back, lower back, back pain, Intervertebral disc displacement, Intervertebral disc degeneration, Prolapse, Nerve root compression

Danske: Lumbal radikulopati, Radiculopati, Rygsmerter, lændesmerter, Radikulære smerter, Diskusprolaps i lænden, Degeneration i lænden

Norske: Lumbal radikulopati, Radiculopati, ryggsmerter, lumbal skiveprolaps

Svenske: Lumbal radikulopati, lumbalt diskbräck, Ryggsmärta

Derudover er der søgt på: Sciatica, Nerve root pain, Disc herniation, Radiating pain, Leg pain

GIN

Afgræsning: Guidelines

125 fund:

Radiculopathy=8 hits

Back pain=45 hits

Prolapse=4 hits

Nerve root compression=26 hits

Lumba*=32 hits

NGC:

Radiculopathy =26 hits

Sciatica=11 hits

Intervertebral disc displacement=8 hits

Nerve root compression=25 hits

HTA Databasen (CRD Database)

Afgræsning: HTA

Lumbar vertebrae=119 hits

Radiculopathy=3 hits

Netpunkt

Søgning på: diskusprolaps og materialer=bøger=35 hits

De informationskilder, som ikke gav mulighed for at overføre referencer til RefWorks ligger som links til søgestrengen:

NICE:

(Ingen af disse var relevante)

Lower back pain=98 hits:

[https://www.nice.org.uk/search?om={%22ndt%22%3A\[%22+guidance+%22\]}&q=lower+back+pain](https://www.nice.org.uk/search?om={%22ndt%22%3A[%22+guidance+%22]}&q=lower+back+pain)

Radiculopathy=4 hits:

[https://www.nice.org.uk/search?om={%22ndt%22%3A\[%22+guidance+%22\]}&q=Radiculopathy](https://www.nice.org.uk/search?om={%22ndt%22%3A[%22+guidance+%22]}&q=Radiculopathy)

Intervertebral disc degeneration=6 hits:

[https://www.nice.org.uk/search?om={%22ndt%22%3A\[%22+guidance+%22\]}&q=Intervertebral+disc+degeneration](https://www.nice.org.uk/search?om={%22ndt%22%3A[%22+guidance+%22]}&q=Intervertebral+disc+degeneration)

Nerve root compression=13 hits

[https://www.nice.org.uk/search?om={%22ndt%22%3A\[%22+guidance+%22\]}&q=Nerve+root+compression+](https://www.nice.org.uk/search?om={%22ndt%22%3A[%22+guidance+%22]}&q=Nerve+root+compression+)

SBU, Sverige

Radiculopathy=1 hit: (relevant)

<http://www.sbu.se/sv/Publicerat/Upplysningstjanst/MR-magnetrontgen-ryggsmarta/>

Ryggsmärta=6 hit: (èn relevant)

<http://www.sbu.se/sv/NySok/?quicksearchquery=Ryggsm%25c3%25a4rta&l=5&i=sv&defff=1&uaid=>

Socialstyrelsen, Sverige

Ryggsmärta=15 hits: (ingen relevante)

<http://www.socialstyrelsen.se/Sidor/SimpleSearchPage.aspx?q=Ryggsm%C3%A4rta&defqe=hidden;-meta:siteseeker.archived:archived>

Lumbal=7 hits: (ingen relevante)

<http://www.socialstyrelsen.se/Sidor/SimpleSearchPage.aspx?q=lumbal&defqe=hidden%3a-meta%3asiteseeker.archived%3aarchived&uaid=2106B4275AD8CB7551DE52E3CE34F956%3a3139322E3136382E3234352E36%3a5247306997463063122>

Helsedirektoratet, Norge

Èt hit på 'ryggsmerter' (de andre norske og engelske søgeord giver ingen resultater): (ikke relevant)
<https://helsedirektoratet.no/retningslinjer/aktivitetshandboken-fysisk-aktivitet-i-forebygging-og-behandling>

Kunnskapssenteret, Norge

Ryggsmerter=77 hits: (hjemmesiden fungerer ikke i denne søgning)
<http://www.kunnskapssenteret.no/sok?search=ryggsmerter>

lumbal skiveprolaps=3 hits (én relevant)
<http://www.kunnskapssenteret.no/sok?search=lumbal+skiveprolaps>

MEDLINE

Afgrænsning:

Ressourcer:

Ovid MEDLINE(R) without Revisions 1996 to march Week 2 2015

Ovid MEDLINE(R) in-process & Other Non-indexed Citations march 17, 2015

Ovid MEDLINE(R) Daily Update march 17, 2015

Yr: 2004 – Current

Age: All adult (19 plus years)

Language: Danish or English or Norwegian or Swedish

<input type="checkbox"/>	# ▲	Searches	Results	Search Type
<input type="checkbox"/>	1	("Lumbar vertebrae" not surgery).af.	▶ 12857	Advanced
<input type="checkbox"/>	2	(Radiculopathy not surgery).af.	▶ 2283	Advanced
<input type="checkbox"/>	3	("back pain" not surgery).af.	▶ 22204	Advanced
<input type="checkbox"/>	4	("Intervertebral disc" not surgery).af.	▶ 5219	Advanced
<input type="checkbox"/>	5	(Prolapse not surgery).af.	▶ 4280	Advanced
<input type="checkbox"/>	6	("Nerve root" not surgery).af.	▶ 1557	Advanced
<input type="checkbox"/>	7	1 or 2 or 3 or 4 or 5 or 6	▶ 41947	Advanced
<input type="checkbox"/>	8	guideline".af.	▶ 260609	Advanced
<input type="checkbox"/>	9	7 and 8	▶ 1405	Advanced
<input type="checkbox"/>	10	limit 9 to (yr="2004 -Current" and "all adult (19 plus years)" and (danish or english or norwegian or swedish))	▶ 331	Advanced

EMBASE

Afgrænsning:

Ressourcer:

EMBASE 1996 to 2015 Week 11

Yr: 2004 – Current

Age: <18 to 64 years> or aged <65+years

Language: Danish or English or Norwegian or Swedish

<input type="checkbox"/>	# ▲	Searches	Results	Search Type
<input type="checkbox"/>	1	("Lumbar vertebrae" not surgery).af.	2171	Advanced
<input type="checkbox"/>	2	(Radiculopathy not surgery).af.	3970	Advanced
<input type="checkbox"/>	3	("back pain" not surgery).af.	35310	Advanced
<input type="checkbox"/>	4	("Intervertebral disc" not surgery).af.	3681	Advanced
<input type="checkbox"/>	5	(Prolapse not surgery).af.	9933	Advanced
<input type="checkbox"/>	6	("Nerve root" not surgery).af.	4203	Advanced
<input type="checkbox"/>	7	1 or 2 or 3 or 4 or 5 or 6	55718	Advanced
<input type="checkbox"/>	8	guideline*.af.	406024	Advanced
<input type="checkbox"/>	9	7 and 8	2193	Advanced
<input type="checkbox"/>	10	limit 9 to ((danish or english or norwegian or swedish) and yr="2004 -Current" and (adult <18 to 64 years> or aged <65+ years>))	378	Advanced

Søgeprotokol for Nationale Kliniske Retningslinjer Sekundær litteratur

Projekttitel/aspekt	National klinisk retningslinje for ikke-kirurgisk behandling af lumbal nerverodspåvirkning Søgning efter sekundær litteratur
Kontakt Fagkonsulent /projektleder	Per Kjær/Christine Skovgaard
Kontakt Søgesepecialisten	Hanne Caspersen / Marina
Senest opdateret	8. juni 2015

Baggrund	<p>PICO 1 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes systematisk information om sygdommen, prognose og advarselssignaler frem for vanlig information?</p> <p>PICO 2 Bør patienter med nylig opstået lumbal rodpåvirkning opfordres til fysisk aktivitet frem for reduceret aktivitet?</p> <p>PICO 3 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes en indsats til arbejdsfastholdelse i tillæg til vanlig behandling?</p> <p>PICO 4 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes superviseret øvelsesterapi i tillæg til vanlig behandling?</p> <p>PICO 5 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes behandling med manuelle ledmobiliserende teknikker i tillæg til vanlig behandling?</p> <p>PICO 6 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes behandling med superviseret øvelsesterapi frem for manuelle ledmobiliserende teknikker</p> <p>PICO 7 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes behandling med akupunktur som en del af behandlingen?</p> <p>PICO 8 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes MR scanning i den akutte fase i tillæg til vanlig behandling?</p>
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	<p>PICO 9 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes extraforaminal glukokortikoid injektion omkring den lumbale nerverod i tillæg til vanlig behandling?</p> <p>PICO 10 Bør patienter med nylig opstået lumbal rodpåvirkning og manglende bedring i symptomer ved konventionel behandling tilses af en kirurg inden for 12 uger frem for efter 12 uger?</p>
Søgetermer	Søgestrategien er anvendt for det samlede antal PICO's.
Inklusions- og eksklusionskriterier	<p>Sprog: Engelsk, dansk, norsk og svensk</p> <p>År: de sidste 10 år, (2005 -2015)</p> <p>Publikationstyper: systematiske oversigtsartikler, metaanalyser</p>

Informationskilder

Database	Interface	Dato for søgning
Medline	OVID	Juni 2015
Embase	OVID	Juni 2015
Cinahl	Ebsco	Juni 2015
Cochrane	Internet	Juni 2015

Note

- Søgetermer og inklusions- og eksklusionskriterier er tilpasset de enkelte databaser.
- De fundne referencer afleveres så vidt muligt via RefWorks – hvor dubletter så vidt muligt er frasorteret før der importeres til Covidence.
- Søgestrategi for hver enkelt database præsenteres – hvis muligt vises det eksplicit hvor mange referencer de enkelte søgeord genererer

Litteraturen til samtlige PICO-spørgsmål blev samlet i Covidence i mappen: "NKR 30 Lumbal nerverodspåvirkning – sek.litt. samlet".
Herfra sorteret af fagkonsulenten til de respektive PICO-mapper.

Medline

Søgt d. 3.6-8.6.2015

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) without revisions 1996 to May week 5 2015

Sekundærlitteratur 2005-current

Search Strategy:

<input type="checkbox"/>	# ▲	Searches	Results	Search Type
<input type="checkbox"/>	1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral" or "lumbo-sacral").af.	420028	Advanced
<input type="checkbox"/>	2	(radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disc* or disk* or spondyl* or stenosis or osteoarthr*).af.	2369667	Advanced
<input type="checkbox"/>	3	1 and 2	114390	Advanced
<input type="checkbox"/>	4	limit 3 to (yr="2005 -Current" and (danish or english or norwegian or swedish) and (meta analysis or systematic reviews))	2392	Advanced

Embase

Søgt d. 3.6-8.6.2015

Database(s): Ovid 1996 to 2015

Sekundærlitteratur 2005-current

Search Strategy:

<input type="checkbox"/>	# ▲	Searches	Results	Search Type
<input type="checkbox"/>	1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral" or "lumbo-sacral").af.	534001	Advanced
<input type="checkbox"/>	2	(radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disc* or disk* or spondyl* or stenosis or osteoarthr*).af.	3262007	Advanced
<input type="checkbox"/>	3	1 and 2	171179	Advanced
<input type="checkbox"/>	4	limit 3 to (human and exclude medline journals and (meta analysis or "systematic review") and (danish or english or norwegian or swedish) and yr="2005 -Current")	140	Advanced

Cinahl

Søgt d. 8.6.2015

Publication Type: Meta Analysis, Systematic Review

Sekundærlitteratur 2005-current

Search Strategy:

<input type="checkbox"/> Select / deselect all			
Search with AND		Search with OR	Delete Searches
Search ID#	Search Terms	Search Options	Actions
<input type="checkbox"/> S6	(S2 OR S3) AND (S1 AND S4)	Limiters - Published Date: 20050101-20151231; Exclude MEDLINE records; Language: Danish, English, Norwegian, Swedish; Publication Type: Meta Analysis, Systematic Review Search modes - Boolean/Phrase	View Results (131)
<input type="checkbox"/> S5	(S2 OR S3) AND (S1 AND S4)	Search modes - Boolean/Phrase	View Results (32,136)
<input type="checkbox"/> S4	S2 OR S3	Search modes - Boolean/Phrase	View Results (431,413)
<input type="checkbox"/> S3	disc* OR disk* OR spondyl* OR stenosis OR osteoarthr*	Search modes - Boolean/Phrase	View Results (300,450)
<input type="checkbox"/> S2	radiculopath* OR radicul* OR monoradicul* OR mono-radicul* OR "nerve root comp*" OR pain* OR ache* OR sciatica OR myelopat* OR neurologic* OR "reflex loss" OR "muscle weakness"	Search modes - Boolean/Phrase	View Results (162,235)
<input type="checkbox"/> S1	lumbar* OR "lower back" OR leg* OR "lower extremity" OR "lumbo sacral" OR "lumbo-sacral"	Search modes - Boolean/Phrase	View Results (164,412)

Cochrane

Søgt d. 8.6.2015

Publication Type: Reviews

Sekundærlitteratur 2005-2015

Search Strategy:

Add to top					
<input type="checkbox"/>	<input type="checkbox"/>	#1	radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disc* or disk* or spondyl* or stenosis or osteoarthr* (Word variations have been searched)	<input type="checkbox"/>	193836
<input type="checkbox"/>	<input type="checkbox"/>	#2	lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral" or "lumbo-sacral" (Word variations have been searched)	<input type="checkbox"/>	31245
<input type="checkbox"/>	<input type="checkbox"/>	#3	#1 and #2 Publication Year from 2005 to 2015, in Cochrane Reviews (Reviews only)	<input type="checkbox"/>	2032

Søgeprotokol for Nationale Kliniske Retningslinjer (Primær litteratur)

Projektitel/aspekt	NKR for Lumbal rodpåvirkning PICO's /PIRO's søgning
Kontakt Fagkonsulent /projektleder	Per Kjær/Christine Skovgaard
Kontakt Søgesepecialisten	Hanne Caspersen/Marina Therese Axelsen - AU Library Sundhedsvidenskab
Senest opdateret	25. august 2015

Baggrund	<p>PICO 1 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes systematisk information om sygdommen, prognose og advarselssignaler frem for vanlig information?</p> <p>PICO 2 Bør patienter med nylig opstået lumbal rodpåvirkning opfordres til fysisk aktivitet frem for reduceret aktivitet?</p> <p>PICO 3 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes en indsats til arbejdsfastholdelse i tillæg til vanlig behandling?</p> <p>PICO 4 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes superviseret øvelsesterapi i tillæg til vanlig behandling?</p> <p>PICO 5 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes behandling med manuelle ledmobiliserende teknikker i tillæg til vanlig behandling?</p> <p>PICO 6 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes behandling med superviseret øvelsesterapi frem for manuelle ledmobiliserende teknikker</p> <p>PICO 7 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes behandling med akupunktur som en del af behandlingen?</p> <p>PICO 8 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes MR scanning i den akutte fase i tillæg til vanlig behandling?</p> <p>PICO 9 Bør patienter med nylig opstået lumbal rodpåvirkning tilbydes extraforaminal glukokortikoid injektion omkring den lumbale nerverod i tillæg til vanlig behandling?</p> <p>PICO 10 Bør patienter med nylig opstået lumbal rodpåvirkning og manglende bedring i symptomer</p>
Søgetermer	Se søgestrategierne under de enkelte PICO's/PIRO's
Inklusions- og eksklusionskriterier	Sprog: Engelsk, dansk, norsk og svensk År: de sidste 10 år, (2004 -2014) Publikationstyper: primærlitteratur (clinical trial, all or controlled clinical trial or randomized controlled trial)

Informationskilder

Database	Interface	Dato for søgning
Medline	OVID	Juni + juli + august 2015
EMBASE	OVID	Juni + juli + august 2015
CINAHL	EBSCO	Juni + juli + august 2015

Note

- Søgetermer og inklusions- og eksklusionskriterier er tilpasset de enkelte databaser.
- Dubletter er så vidt muligt frasorteret ved hjælp af RefWorks. De fundne referencer overføres til Covidence (referenceværktøj)
- Fuldtekster præsenteres i Covidence i pdf-format
- Søgestrategi for hver enkelt database præsenteres – hvis muligt vises det eksplicit hvor mange referencer den enkelte søgestreng genererer

Søgestrategi

PICO 1

Medline

Søgt d. 8.7.+10.7.2015

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	708704
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3428325
3	1 and 2	162911
4	("stay active" or "leisure activity" or "physical activity" or "physical exercise" or movement or "stay inactive" or bedrest or rest or "quiet living" or "quiet life").af.	517512
5	3 and 4	9563
6	limit 5 to (clinical trial, all or controlled clinical trial or randomized controlled trial)	1124
7	(exp randomized controlled trial/ or exp "randomized controlled trial (topic)"/).af.	405076
8	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").af.	602384
9	7 or 8	602416
10	5 and 9	826
11	6 or 10	1300
12	limit 11 to (humans and yr="2009 -Current" and (danish or english or norwegian or	469

	swedish))	
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Embase

Søgt d. 8.7.+10.7.2015

Database(s): Embase 1996 to 2015 Week 27

Search Strategy:

#	Searches	Results
1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	539033
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3299209
3	1 and 2	173203
4	("stay active" or "leisure activity" or "physical activity" or "physical exercise" or movement or "stay inactive" or bedrest or rest or "quiet living" or "quiet life").af.	478655
5	3 and 4	14252
6	limit 5 to (clinical trial or randomized controlled trial or controlled clinical trial)	1413
7	(exp randomized controlled trial/ or exp "randomized controlled trial (topic)").af.	406376
8	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").af.	535025
9	7 or 8	535025
10	5 and 9	1103
11	6 or 10	1693
12	limit 11 to (human and exclude medline journals and (danish or english or norwegian or swedish) and yr="2009 -Current")	80

Cinahl

Søgt d. 8.7.+10.7.2015

Search Strategy:

#	Query	Limiters/Expanders	Results
S10	S5 AND S8	Limiters - Published Date: 20090101-20151231; Exclude MEDLINE records; Human; Language: Danish, English, Norwegian, Swedish Search modes - Boolean/Phrase	13
S9	S5 AND S8	Search modes - Boolean/Phrase	131
S8	S6 OR S7	Search modes - Boolean/Phrase	74,876
S7	(MH "Randomized Controlled Trials")	Search modes - Boolean/Phrase	23,314
S6	("randomi#ed controlled trial*" or "RCT" or "randomi#ed controlled study*" or "randomi#ed trial*" or "double blind*")	Search modes - Boolean/Phrase	74,876

S5	S3 AND S4	Search modes - Boolean/Phrase	1,856
S4	"stay active" or "leisure activity" or "physical activity" or "physical exercise" or movement or "stay inactive" or bedrest or rest or "quiet living" or "quiet life"	Search modes - Boolean/Phrase	65,962
S3	S1 AND S2	Search modes - Boolean/Phrase	32,354
S2	Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*	Search modes - Boolean/Phrase	434,011
S1	lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral"	Search modes - Boolean/Phrase	165,372

PICO 2

Medline

Søgt d. 30.6.+1.-3.7.2015

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	701548
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3407450
3	1 and 2	161875
4	("nerve tension" or "neural tension" or neurodynamic* or "neural mobil*" or sciatica or sciatic nerve* or "straight leg raise" or "slump test").af.	30796
5	(mckenzie* or "mechanical diagnosis and therapy" or directional* or "repeated movement" or "symptom response" or centralization or centralisation).af.	40014
6	("motor control" or neuromuscular or stability or stabilizing or stabilising or segmental or "dynamic lumbar stabilization" or "dynamic lumbar stabilisation").af.	472442
7	(exercise* or training).af.	565155
8	(strength or endurance or resistance or therapy or physical isometric or isometric).af.	3680694
9	6 and 7	13049
10	7 and 8	165162
11	4 or 5 or 9 or 10	241480
12	3 and 11	8585
13	limit 12 to (clinical trial, all or controlled clinical trial or randomized controlled trial)	1493
14	exp randomized controlled trial/ or exp "randomized controlled trial (topic)"/	398736

15	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").mp.	592911
16	14 or 15	592941
17	12 and 16	1291
18	17 or 13	1764
19	limit 18 to (humans and (danish or english or norwegian or swedish))	1573
20	limit 19 to yr="2005-Current"	1059

Embase

Søgt d. 6.-8.7+13.7.2015

Database(s): Embase 1996 to 2015 Week 27

Search Strategy:

#	Searches	Results
1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	539879
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3307291
3	1 and 2	173541
4	("nerve tension" or "neural tension" or neurodynamic* or "neural mobil*" or sciatica or sciatic nerve* or "straight leg raise" or "slump test").af.	20205
5	(mckenzie* or "mechanical diagnosis and therapy" or directional* or "repeated movement" or "symptom response" or centralization or centralisation).af.	36218
6	("motor control" or neuromuscular or stability or stabilizing or stabilising or segmental or "dynamic lumbar stabilization" or "dynamic lumbar stabilisation").af.	456928
7	(exercise* or training).af.	598798
8	(strength or endurance or resistance or therapy or physical isometric or isometric).af.	2926168
9	6 and 7	17431
10	7 and 8	160460
11	4 or 5 or 9 or 10	225169
12	3 and 11	10040
13	limit 12 to (clinical trial, or controlled clinical trial or randomized controlled trial)	1618
14	exp randomized controlled trial/ or exp "randomized controlled trial (topic)"/	407667
15	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").mp.	536411
16	14 or 15	536411
17	12 and 16	1459
18	17 or 13	1970
19	limit 18 to (human and exclude medline journals and (danish or english or norwegian or swedish) and yr="2005 -Current")	128

Cinahl

Søgt d. 8.7+13.7.2015

Search Strategy:

#	Query	Limiters/Expanders	Results
S19	S13 OR S17	Limiters - Published Date: 20050101-20151231; Exclude MEDLINE records; Human; Language: Danish, English, Norwegian, Swedish Search modes - Boolean/Phrase	65
S18	S13 OR S17	Search modes - Boolean/Phrase	487
S17	S12 AND S16	Search modes - Boolean/Phrase	326
S16	S14 OR S15	Search modes - Boolean/Phrase	74,876
S15	(MH "Randomized Controlled Trials")	Search modes - Boolean/Phrase	23,314
S14	("randomi#ed controlled trial*" or "RCT" or "randomi#ed controlled study*" or "randomi#ed trial*" or "double blind*")	Search modes - Boolean/Phrase	74,876
S13	S3 AND S11	Limiters - Publication Type: Clinical Trial, Randomized Controlled Trial Search modes - Boolean/Phrase	404
S12	S3 AND S11	Search modes - Boolean/Phrase	2,697
S11	S4 OR S5 OR S9 OR S10	Search modes - Boolean/Phrase	58,456
S10	S7 AND S8	Search modes - Boolean/Phrase	52,978
S9	S6 AND S7	Search modes - Boolean/Phrase	4,708
S8	strength or endurance or resistance or therapy or physical isometric or isometric	Search modes - Boolean/Phrase	679,747
S7	exercise* or training	Search modes - Boolean/Phrase	164,315
S6	"motor control" or neuromuscular or stability or stabilizing or stabilising or segmental or "dynamic lumbar stabilization" or "dynamic lumbar stabilisation"	Search modes - Boolean/Phrase	26,082
S5	mckenzie* or "mechanical diagnosis and therapy" or directional* or "repeated movement" or "symptom response" or centralization or centralisation	Search modes - Boolean/Phrase	1,797
S4	"nerve tension" or "neural tension" or neurodynamic* or "neural mobil*" or sciatica or sciatic nerve* or "straight leg raise" or "slump test"	Search modes - Boolean/Phrase	2,148
S3	S1 AND S2	Search modes - Boolean/Phrase	32,354
S2	Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain*	Search modes - Boolean/Phrase	434,011

	or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*		
S1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral")	Search modes - Boolean/Phrase	165,372

PICO 3+4

Søgningen er inkluderet i PICO 2

PICO 5

Medline

Søgt d. 16.7.2015

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	709356
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3432482
3	1 and 2	163140
4	(manipulat* or chiropractic* or osteopath* or naprapath* or mobilization or mobilisation or gonstead or "spinal adjustment*").af.	205229
5	3 and 4	3207
6	limit 5 to (clinical trial, all or controlled clinical trial or randomized controlled trial)	380
7	(exp randomized controlled trial/ or exp "randomized controlled trial (topic)"/).af.	405602
8	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").af.	603194
9	7 or 8	603226
10	5 and 9	338
11	6 or 10	457
12	limit 11 to (humans and yr="2005 -Current" and (danish or english or norwegian or swedish))	224

Embase

Søgt d. 16.7.2015

Database(s): Embase 1996 to 2015 Week 28

Search Strategy:

#	Searches	Results
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1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	539879
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3307291
3	1 and 2	173541
4	(manipulat* or chiropractic* or osteopath* or naprapath* or mobilization or mobilisation or gonstead or "spinal adjustment*").af.	202594
5	3 and 4	4719
6	limit 5 to (clinical trial or randomized controlled trial or controlled clinical trial)	526
7	(exp randomized controlled trial/ or exp "randomized controlled trial (topic)"/).af.	407667
8	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").af.	536521
9	7 or 8	536521
10	5 and 9	458
11	6 or 10	652
12	limit 11 to (human and exclude medline journals and (danish or english or norwegian or swedish) and yr="2005 -Current")	50

Cinahl

Søgt d. 16.7.2015

Search Strategy:

#	Query	Limiters/Expanders	Results
S12	S6 OR S10	Limiters - Published Date: 20050101-20151231; Exclude MEDLINE records; Human; Language: Danish, English, Norwegian, Swedish Search modes - Boolean/Phrase	30
S11	S6 OR S10	Search modes - Boolean/Phrase	134
S10	S5 AND S9	Search modes - Boolean/Phrase	85
S9	S7 OR S8	Search modes - Boolean/Phrase	74,876
S8	(MH "Randomized Controlled Trials")	Search modes - Boolean/Phrase	23,314
S7	("randomi#ed controlled trial*" or "RCT" or "randomi#ed controlled study*" or "randomi#ed trial*" or "double blind*")	Search modes - Boolean/Phrase	74,876
S6	S3 AND S4	Limiters - Publication Type: Clinical Trial, Randomized Controlled Trial Search modes - Boolean/Phrase	108
S5	S3 AND S4	Search modes - Boolean/Phrase	1,252
S4	(manipulat* or chiropractic* or osteopath* or naprapath* or mobilization or mobilisation or gonstead or "spinal adjustment*")	Search modes - Boolean/Phrase	32,847

S3	S1 AND S2	Search modes - Boolean/Phrase	32,354
S2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*)	Search modes - Boolean/Phrase	434,011
S1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral")	Search modes - Boolean/Phrase	165,372

PICO 6

Søgningen er inkluderet i søgning 4 og 5

PICO 7

Medline

Søgt d. 16.7.2015

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	709356
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3432482
3	1 and 2	163140
4	(acupuncture* or acu-puncture* or electro-acupuncture or "electro acupuncture" or "trigger point*" or meridian* or needling or acupoint* or auriculoacupuncture).af.	28816
5	3 and 4	694
6	limit 5 to (clinical trial, all or controlled clinical trial or randomized controlled trial)	168
7	(exp randomized controlled trial/ or exp "randomized controlled trial (topic)"/).af.	405602
8	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").af.	603194
9	7 or 8	603226
10	5 and 9	187
11	6 or 10	207
12	limit 11 to (humans and yr="2005 -Current" and (danish or english or norwegian or swedish))	90

Embase

Søgt d. 16.7.2015

Database(s): Embase 1996 to 2015 Week 28

Search Strategy:

#	Searches	Results
1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral").af.	539879
2	(Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*).af.	3307291
3	1 and 2	173541
4	(acupuncture* or acu-puncture* or electro-acupuncture or "electro acupuncture" or "trigger point*" or meridian* or needling or acupoint* or auriculoacupuncture).af.	35166
5	3 and 4	1188
6	limit 5 to (clinical trial or randomized controlled trial or controlled clinical trial)	284
7	(exp randomized controlled trial/ or exp "randomized controlled trial (topic)"/).af.	407667
8	(randomi#ed controlled trial* or rct or randomi#ed controlled study* or randomi#ed trial* or "double blind*").af.	536521
9	7 or 8	536521
10	5 and 9	275
11	6 or 10	351
12	limit 11 to (human and exclude medline journals and (danish or english or norwegian or swedish) and yr="2005 -Current")	43

Cinahl

Søgt d. 16.7.2015

Search Strategy:

#	Query	Limiters/Expanders	Results
S12	S6 OR S10	Limiters - Published Date: 20050101-20151231; Human; Language: Danish, English, Norwegian, Swedish Search modes - Boolean/Phrase	23
S11	S6 OR S10	Search modes - Boolean/Phrase	42
S10	S5 AND S9	Search modes - Boolean/Phrase	28
S9	S7 OR S8	Search modes - Boolean/Phrase	74,876
S8	("randomi#ed controlled trial*" or "RCT" or "randomi#ed controlled study*" or "randomi#ed trial*" or "double blind*")	Search modes - Boolean/Phrase	74,876
S7	(MH "Randomized Controlled Trials")	Search modes - Boolean/Phrase	23,314
S6	S3 AND S4	Limiters - Publication Type: Clinical Trial, Randomized	29

		Controlled Trial Search modes - Boolean/Phrase	
S5	S3 AND S4	Search modes - Boolean/Phrase	241
S4	(acupuncture* or acu-puncture* or electro-acupuncture or "electro acupuncture" or "trigger point*" or meridian* or needling or acupoint* or auriculoacupuncture)	Search modes - Boolean/Phrase	10,248
S3	S1 AND S2	Search modes - Boolean/Phrase	32,354
S2	Radiculopath* or radicul* or monoradicul* or mono-radicul* or "nerve root comp*" or pain* or ache* or sciatica or myelopat* or neurologic* or "reflex loss" or "muscle weakness" or disk* or disc* or spondyl* or stenosis or osteoarthr*	Search modes - Boolean/Phrase	434,011
S1	(lumbar* or "lower back" or leg* or "lower extremity" or "lumbo sacral")	Search modes - Boolean/Phrase	165,372

PICO 8

Medline

Søgt d. 20.8.2015

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	(lumbar* or "lumbar disc herniation*" or "disc herniation" or "lower back" or "lumbo sacral" or sciatica or "nerve root").af.	106230
2	("magnetic resonance imaging" or MRI).af.	417114
3	1 and 2	12906
4	limit 3 to (clinical trial or comparative study or observational study or randomized controlled trial)	1406
5	(cohort adj (study or studies)).tw.	106939
6	3 and 5	144
7	4 or 6	1515
8	limit 7 to (humans and yr="2008 -Current" and (danish or english or norwegian or swedish))	512

Embase

Søgt d. 20.8.2015

Database(s): Embase 1996 to 2015 Week 33

Search Strategy:

#	Searches	Results
1	(lumbar* or "lumbar disc herniation*" or "disc herniation" or "lower back" or "lumbo sacral" or sciatica or "nerve root").af.	105410
2	("magnetic resonance imaging" or MRI).af.	574164
3	1 and 2	21449
4	limit 3 to (clinical trial or randomized controlled trial or controlled clinical trial)	716
5	((cohort adj (study or studies)) or (observational adj (study or studies)) or (comparative adj (study or studies))).tw.	267028
6	3 and 5	399
7	4 or 6	1068
8	limit 7 to (human and exclude medline journals and (danish or english or norwegian or swedish) and yr="2008 -Current")	39

Cinahl

Søgt d. 20.8.2015

Search Strategy:

	Query	Limiters/Expanders	Results
S4	S1 AND S2	Limiters - Published Date: 20080101-20151231; Exclude MEDLINE records; Language: Danish, English, Norwegian, Swedish Search modes - Boolean/Phrase	142
S3	S1 AND S2	Search modes - Boolean/Phrase	1,708
S2	("magnetic resonance imaging" or MRI)	Search modes - Boolean/Phrase	42,138
S1	(lumbar* or "lumbar disc herniation*" or "disc herniation" or "lower back" or "lumbo sacral" or sciatica or "nerve root")	Search modes - Boolean/Phrase	13,367

PICO 9

Review fra august 2015 besvarede spørgsmålet – derfor ingen søgning.

PICO 10

Medline

Søgt d. 21.8.2015

Database(s): Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

Search Strategy:

#	Searches	Results
1	(lumbar or "lumbo pelvic" or "lower back" or "lumbo sacral" or "lumbar spine").af.	98351
2	("radiculopathy" or "disk herniation" or "disc herniation" or sciatica or "lumbar nerve root" or "herniated disc" or "herniated disk").af.	17032
3	1 and 2	7723
4	(Surgery or discectomy or diskectomy or microdiscectomy or microdiskectomy).af.	2742809
5	(timing or time* or consideration or consultance or evaluation).af.	4673187
6	3 and 4 and 5	1679
7	limit 6 to (clinical trial or comparative study or observational study or randomized controlled trial)	441
8	(cohort adj (study or studies)).af.	245933
9	6 and 8	75
10	7 or 9	480
11	limit 10 to (humans and yr="2012 -Current" and (danish or english or norwegian or swedish))	83

Embase

Søgt d. 21.8.2015

Database(s): Embase 1996 to 2015 Week 33

Search Strategy:

#	Searches	Results
1	(lumbar or "lumbo pelvic" or "lower back" or "lumbo sacral" or "lumbar spine").af.	97414
2	("radiculopathy" or "disk herniation" or "disc herniation" or sciatica or "lumbar nerve root" or "herniated disc" or "herniated disk").af.	15217
3	1 and 2	7253
4	(Surgery or discectomy or diskectomy or microdiscectomy or microdiskectomy).af.	2128697
5	(timing or time* or consideration or consultance or evaluation).af.	3984702
6	3 and 4 and 5	1662
7	limit 6 to (clinical trial or randomized controlled trial or controlled clinical trial)	202
8	((cohort adj (study or studies)) or (observational adj (study or studies)) or (comparative adj (study or studies))).tw.	267028
9	6 and 8	93
10	7 or 9	279
11	limit 10 to (human and exclude medline journals and (danish or english or norwegian or	3

swedish) and yr="2012 -Current")

Cinahl

Søgt d. 21.8.2015

Search Strategy:

#	Query	Limiters/Expanders	Results
S7	S3 AND S4 AND S5	Limiters - Published Date: 20120101-20151231; Exclude MEDLINE records; Language: Danish, English, Norwegian, Swedish Search modes - Boolean/Phrase	5
S6	S3 AND S4 AND S5	Search modes - Boolean/Phrase	235
S5	(timing or time* or consideration or consultance or evaluation)	Search modes - Boolean/Phrase	578,961
S4	(Surgery or discectomy or diskectomy or microdiscectomy or microdiskectomy)	Search modes - Boolean/Phrase	190,732
S3	S1 AND S2	Search modes - Boolean/Phrase	1,080
S2	("radiculopathy" or "disk herniation" or "disc herniation" or sciatica or "lumbar nerve root" or "herniated disc" or "herniated disk")	Search modes - Boolean/Phrase	2,777
S1	(lumbar or "lumbo pelvic" or "lower back" or "lumbo sacral" or "lumbar spine")	Search modes - Boolean/Phrase	12,282