Physiotherapy rehabilitation post first lumbar discectomy: a systematic review and meta-analysis of randomized controlled trials

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Record Status
This is a systematic review that meets the criteria for inclusion on DARE.

Bibliographic details

PubMedID
21224754

DOI
10.1097/BRS.0b013e3181f0e8f8

Original Paper URL
http://journals.lww.com/spinejournal/Abstract/2011/06150/Physiotherapy__Rehabilitation__Post__First__Lumbar.28.aspx

Indexing Status
Subject indexing assigned by NLM

MeSH
Back Pain /physiopathology /surgery; Diskectomy /methods; Humans; Lumbar Vertebrae /physiopathology /surgery; Pain, Postoperative /physiopathology /rehabilitation; Randomized Controlled Trials as Topic; Range of Motion, Articular; Treatment Outcome

AccessionNumber
12011005241

Date bibliographic record published
02/11/2011