

The socio-economic consequences of low back pain for the worker, the employer and society are substantial in terms of high compensation costs due to a delay in return-to-work or even permanent disability.

The study, presented in this thesis, reports on the results of a randomized controlled trial on the return-to-work, regarding the effects of a graded activity intervention compared to usual care. Another objective of this study was a comparison of the costs and benefits of the graded activity intervention versus usual care. The graded activity intervention was based on a physical exercise programme, applying behavioural principles. The goals of the programme were improvement of functioning and rapid and safe return to work, despite persistence of pain.

The workers in the graded activity group returned to work faster than the workers in the usual care group. The average investment for the graded activity intervention was at the end of the first year only € 83 more compared to the health care utilization costs in the usual care group. In the same period, the average savings due to a reduction of workers' compensation costs amounted to € 999. This means that every additional euro that was invested in the graded activity intervention above the usual care saved an average €11.

The management of occupational low back pain and its cost-effectiveness

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UITNODIGING

Voor het bijwonen van de openbare verdediging van mijn proefschrift

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Na afloop van de promotie
is er een receptie

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