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Title: Prepare: pre-surgery physiotherapy for patients with degenerative lumbar spine disorder: a randomized controlled trial

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1           **PREPARE: Pre-surgery physiotherapy for patients with degenerative**  
2           **lumbar spine disorder: a randomized controlled trial**

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19   Institutional URL: [www.imh.liu.se/fysioterapi](http://www.imh.liu.se/fysioterapi)

20   **Trial registration:** ClinicalTrials.gov reference: NCT02454400 (Trial registration date: August  
21   31st 2015).

22  
23   **Abstract**

24   Background Context – Surgery due to disc herniation, or spinal stenosis results mostly in large  
25   improvement in the short-term, but mild to moderate improvements for pain and disability at  
26   long-term follow-up. Prehabilitation has been defined as augmenting functional capacity prior to  
27   surgery, which may have beneficial effect on outcome after surgery.

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