

Table 4. Summary of recovery from low back pain

Study	Inception time	Recovery rates
Bakker ⁴²	less than 6 weeks	<ul style="list-style-type: none"> • 40% fully recovered by 12 weeks and did not experience a recurrence within 6 months.
Bousema ³⁴	4-7 weeks	<ul style="list-style-type: none"> • After 1 year, 32% had no back pain complaints.
Carey ^{15 35}	less than 10 weeks	<ul style="list-style-type: none"> • 95% functionally recovered (a return to a functional status similar that before the onset of low back pain) by six months. • 69% considered themselves completely better at six months.
Carey ³²	12-22 weeks	<ul style="list-style-type: none"> • 33% had no functionally limiting symptoms after 18 months. • 16% had no back symptoms after 18 months.
Costa ³³	12 weeks	<ul style="list-style-type: none"> • Only 11% of patients had not returned to work in their previous capacity at the onset of chronicity and, of those 46% had returned to work by 12 months. • The cumulative probability of being pain-free, maintained for one month, was 35% at nine months and 42% at 12 months after onset. • The cumulative probability of having no disability, maintained for one month, was 39% at nine months and 47% at 12 months after onset. • The cumulative probability of being completely recovered (pain-free, no disability and returned to prior work status maintained for one month) was 35% at nine months and 41% at 12 months after onset of chronic pain.
Coste ³⁶	less than 72 hours	<ul style="list-style-type: none"> • 90% (95%CI 84% to 96%) of patients recovered within the first two weeks. • 98% (95%CI 100% to 95%) of patients recovered after 3 months. • 40% of patients lost no time from work and return to work was slower than recovery from back pain.
Coste ³⁷	less than 72 hours	<ul style="list-style-type: none"> • 87% (95%CI 79% to 95%) had recovered in 30 days. • 95% (95%CI 100% to 91%) had recovered in 3 months.
Epping-Jordan ^{17 18 24 38}	6-10 weeks	<ul style="list-style-type: none"> • 54% improved by 6 months. • 67% improved by 12 months.
Ferguson ^{43 44}	less than 4 weeks	<ul style="list-style-type: none"> • 68% of patients were not impaired according to functional performance, and 80% were not impaired in terms of pain in 14 to 18 weeks.
Grotle ^{2 28}	less than 3 weeks	<ul style="list-style-type: none"> • 76% had recovered (RMDQ <4) after both 4 weeks and 3 months. • 83% of the patients had recovered fully from their disability after 1 year (RMSQ < 4).
Gurcay ²⁹	less than 3 weeks	<ul style="list-style-type: none"> • 27% recovered in the first week. • 31% recovered in the second week. • 23% recovered in the fourth week. • 10% recovered at the eighth week. • 1% recovered after 12 weeks. • 9% developed chronic low back pain.

Heneweer ³¹	less than 12 weeks	<ul style="list-style-type: none"> • 52% recovered in less than 4 weeks. • 55% recovered at 12 weeks, of whom 76% did not report work absenteeism.
Henschke ³	more than 24 hours and less than 2 weeks	<ul style="list-style-type: none"> • The cumulative probability of returning to work to pre-back pain work status and duties for those who reduced their work status at baseline because of low back pain was 80% at six weeks, 83% at 12 weeks and 90% by one year. • The cumulative probability of having no disability was 55% at six weeks, 73% by 12 weeks and 83% by one year. • The cumulative probability of being pain-free was 39% by six weeks, 58% by 12 weeks and 73% by one year. • The cumulative probability of being completely recovered was 39% by six weeks, 57% by 12 weeks and 72% by one year.
Klenerman ¹⁹	less than 1 week	<ul style="list-style-type: none"> • 21 % were classified as having no pain at 12 months. • 28% were classified as having no intermittent pain at 12 months. • 93 were classified as not having constant pain at 12 months.
Koleck ²⁰	10-90 days	<ul style="list-style-type: none"> • 67% of patients were classified as improved after one year. • 67 were classified as not having chronic low back pain after one year.
Melloh ¹³	less than 12 weeks	<ul style="list-style-type: none"> • 75% were classified as non-persistent LBP at 6 weeks. • 25% were classified as persistent LBP at 6 weeks.
Poiraudau ²²	4-12 weeks	<ul style="list-style-type: none"> • 60% did not have persistent low back pain at 3 months. • 59% did not use sick leave during the 3-month period. • 83% had returned to work at 3 months.
Schiottz-Christensen ⁴⁷ 1999	less than 14 days	<ul style="list-style-type: none"> • 84% (95%CI 80% to 87%) of patients functionally recovered at 6 months. • 92% (95%CI 89 to 94%) functionally recovered at 12 months. • 47% of patients completely recovered at 6 and 12 months.
Valat ⁵¹	Less than 1 week	<ul style="list-style-type: none"> • 61.3% had fully recovered at 7 weeks.