### eAppendix 1.
Flow Chart of the Dutch Manual Therapy Guideline for Low Back Pain—Diagnostic and Treatment Process

<table>
<thead>
<tr>
<th>Referral</th>
<th>Reasons for referral, demand of the patient, course of functioning, information from which contraindications for MT can be derived</th>
</tr>
</thead>
</table>
| History Taking | - Complaints/demand  
- Duration of complaints  
- Natural course  
- Present status  
- Coping with complaints  
- Contraindications for MT |
| Profile Classification | **Patient Profile**  
1a acute, normal course  
1b acute, deviating course  
2a subacute, no “yellow flags”  
2b subacute, yellow flags  
3a chronic, coping adequately with complaints  
3b chronic, coping inadequately with complaints |
| Examination Objectives | Choosing examination objectives that are in line with the patient’s profile |
| Profile Examination | **Profiles 1a, 1b, 2a, and 3a**  
- Inspection, observation posture and movements  
- Primarily: functional examination  
- Joints: Thoracic, lumbar, and lumbosacral vertebra column  
- Pelvis and hips  
- Muscles  
- Nerves  
- Skin  
- Secondly: examination of activities, exploratory neurological examination, if necessary  
**Profiles 2b and 3b**  
- Inspection, observation of posture and movements  
- Primarily: examination of activities  
- Secondly: functional examination  
- Joints  
- Muscles  
- Nerves  
- Skin |
| Analysis | **Indication for MT?**  
Findings consistent/provocative: Yes  
“Red flags”*: No  
Yellow flags: Yes  
Contraindications: No  
Manipulative (strict sense) MT: No  
Nonmanipulative (general) MT |

(Continued)
### Treatment Plan

<table>
<thead>
<tr>
<th>Profiles 1a</th>
<th>Profiles 1b, 2a, and 3a</th>
<th>Profiles 2b and 2c</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Treatment according to KNGF physical therapy guideline for low back pain&lt;br&gt;-Limited number of supervisory sessions to enhance the patient’s knowledge and understanding</td>
<td>-Manual therapy in a strict sense (manipulative MT) aimed at restoring joint function and improvement of activities&lt;br&gt;-Manual therapy in a general sense (nonmanipulative MT) aimed at behavioral factors in relation to the functional status and the gradual increase of activities and participation</td>
<td>-Supported/followed by MT in a strict sense, if appropriate</td>
</tr>
</tbody>
</table>

### Objectives

<table>
<thead>
<tr>
<th>Profiles 1a</th>
<th>Profiles 1b, 2a, and 3a</th>
<th>Profiles 2b and 2c</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Enhancing knowledge/understanding (reassure/explain how to cope with complaints)</td>
<td>-Decrease of impairments in arthrogenous, muscular, and neurogenous functions.&lt;br&gt;-Attain the presymptomatic level of activities and social participation</td>
<td>-Enhancing knowledge/understanding&lt;br&gt;-Promoting adequate coping&lt;br&gt;-Improving the relevant functions&lt;br&gt;-Increasing activities and social participation</td>
</tr>
</tbody>
</table>

### Actions

<table>
<thead>
<tr>
<th>Profiles 1a</th>
<th>Profiles 1b, 2a, and 3a</th>
<th>Profiles 2b and 2c</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Providing information/giving advice</td>
<td>-Providing information/giving advice&lt;br&gt;-Inducing joint movements&lt;br&gt;-Exercising and regulating functions and activities&lt;br&gt;-Encouraging participation</td>
<td>-Providing information/giving advice&lt;br&gt;-Exercising and regulating functions and activities&lt;br&gt;-Encouraging participation&lt;br&gt;-Inducing joint movements, if appropriate</td>
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### Evaluation

<table>
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<th>Profiles 1a</th>
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<th>Profiles 2b and 2c</th>
</tr>
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<tbody>
<tr>
<td>-A checkup, if appropriate</td>
<td>-Evaluation of the treatment effect on the basis of observed changes and measurement instruments (VAS, PSFS, QBPDS)</td>
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</tbody>
</table>

### Aftercare and Closing

- Making aftercare arrangements and writing a report for the physician

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a VAS=visual analog scale, PSFS=Patient-Specific Functional Scale, QBPDS=Quebec Back Pain and Disability Scale.

b In case of red flags or contraindications, the referring physician has to be consulted.