## Contents

Chapter 1 General introduction 7

Chapter 2 Rehabilitation after lumbar disc surgery: a systematic review 15

Chapter 3 Exercise therapy for acute non-specific low back pain: a systematic review 71

Chapter 4 Effectiveness and cost-effectiveness of rehabilitation after lumbar disc surgery (REALISE): design of a randomised controlled trial 135

Chapter 5 Early rehabilitation after lumbar disc surgery: the REALISE trial 155

Chapter 6 Cost-effectiveness of early rehabilitation after lumbar disc surgery: the REALISE trial 177

Chapter 7 Adherence to rehabilitation after lumbar discectomy: a qualitative study 195

Chapter 8 General discussion 213

Summary 229

Samenvatting 233

Dankwoord | Acknowledgements 237

About the author 239

List of publications 241