Based on the groundbreaking research from the Specific Treatment of Problems of the Spine (STOPS) trial as well as the latest developments in Pain Management.

Presenter: Jon Ford (PhD, Musculoskeletal Physiotherapist)
25 years experience in the management of low back disorders within a physiotherapy and multi-disciplinary setting

The biopsychosocial model of illness was recommended for use with LBD in a landmark paper by Gordon Waddell. Since that time extensive literature has been published on the predictive value of psychosocial factors and the effectiveness of various treatment options directed at the psychosocial component of LBD. Neurophysiological mechanisms have also been identified that inter-relate with psychosocial factors in explaining the non-pathoanatomical component of LBD. On this basis, research investigating the effectiveness of treatment specific to people with LBD, elevated psychosocial distress and maladaptive neurophysiological responses to pain has been recommended. Biomedical factors including physical impairments and pathoanatomical factors are also likely to be relevant in clinical decision making for LBD.

Our recently trial on the Specific Treatment of Problems of the Spine (STOPS) evaluated a multi-modal physiotherapy approach for people with LBD and found it to be highly effective on short to intermediate term pain as well as long term function up to 2-years. Treatment was individualised based on the biomedical, psychosocial and neurophysiological barriers to recovery/return to function.

The STOPS treatment protocol includes concepts that have been validated in the research literature including:
- Functional restoration (FR) including concepts of individualised graded activity and exercise
- Specific muscle activation within the concept of a comprehensive motor control retraining program
- Neurophysiological education
- An individualised rather than generic approach to treatment for persistent pain
- Manual therapy and the McKenzie approach in accordance with the original descriptions of these methods

This workshop will engage participants with the STOPS treatment protocol and provide resources to enable a new approach to managing LBD.

Course Objectives
- Understand how biomedical, psychosocial and neurophysiological mechanisms shape clinical decision making
- Identify pathologies, clinical patterns, neurophysiological and psychosocial problems not to miss
- Learn to identify the STOPS subgroups and provide individualized treatment
- Be able to develop a prioritised list of barriers to recovery and a treatment program individualized based on the barriers
- Improve ability to provide patient explanations and advice using quality Patient Info Sheets and Clinical Decision Making Flow Charts in patient scenarios
- Introduce treatment methods in addition to the STOPS subgroup based strategies including medication management, graded activity/exercise programs, acceptance and commitment therapy, a cognitive behavioural approach, goal setting, pacing, relaxation, sleep management and managing flare ups

The format of the workshop will be interactive presenter led training (30%), case studies (25%), small group role play (20%). At least 25% of the workshop will remain flexible for exploration of material deemed important by the participants.
Pre-requisites

<table>
<thead>
<tr>
<th>Familiarity with the 4 published STOPS treatment protocols</th>
<th>Pre-reading (if required)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pre-requisites</strong></td>
<td><strong>Pre-reading (if required)</strong></td>
</tr>
<tr>
<td>Thorough knowledge of and experience in subjective examination including body chart, history, behaviour of symptoms, special questions</td>
<td>Optional completion of STOPS e-learning module</td>
</tr>
<tr>
<td>Thorough knowledge of and experience in standard physical examination for the lumbar spine including observation, active movement testing lower limb neurological examination, provocative neurodynamic testing and palpation</td>
<td>Optional completion of STOPS e-learning module</td>
</tr>
<tr>
<td>Basic knowledge of excluding serious pathology via Red Flags, diagnosis based on investigations/diagnostic tests and diagnosis based on clinical tests</td>
<td>Optional completion of STOPS e-learning module</td>
</tr>
</tbody>
</table>

References