

11th Interdisciplinary World Congress on
Low Back and Pelvic Girdle Pain

MELBOURNE
AUSTRALIA

MELBOURNE CONVENTION & EXHIBITION CENTRE

1 - 4 // 11 // 2023



PROGRAM



Welcome to Melbourne!

Dear Colleagues,

We are pleased to announce that the 11th Interdisciplinary World Congress on Low Back & Pelvic Girdle Pain will be held at the Melbourne Convention & Exhibition Centre, Australia, from 1st-4th November 2023.

This would be the second time Melbourne has hosted this event. If you haven't yet had a chance to visit, now is your chance to find out why we love it so much!

Melbourne has a rich multicultural diversity and is Australia's sporting, cultural and food capital. It is a city that has much to offer- festivals, theatre, museums and an excellent food scene. Take some time to explore the coast, parks and nature reserves. No matter what time of year, there are plenty of activities, attractions and things to do and see. November welcomes longer spring days and mild temperatures so you can enjoy everything Melbourne has to offer.

We look forward to welcoming all researchers, students and professionals to take part in the scientific discussion and contribute to the future knowledge in the field of lumbopelvic pain. The four-day congress will ensure that the latest developments will be presented across a range of topics appealing to the global profession. This includes keynote sessions conducted by international speakers in their respected fields.

In addition, optional pre and post congress workshops are available for those looking for more hands on learning.

Don't miss this chance to connect with industry colleagues and friends, see you in Melbourne!

Sincerely,

The World Congress LBPGP Chairmen and Scientific Committee

Andry Vleeming, Paul Hodges, Lieven Danneels, Britt Stuge, Jaap van Dieën, Bengt Stureson, Robert Schleip, Carla Stecco, Hanne Albert, Jan Hartvigsen, Bart Koes, Thomas Kibsgård, Linda van Dillen, Annelie Gutke, Nadine Foster, Jon Ford, Paulo Ferreira, Steven Kamper, Lorimer Moseley, Peter O'Sullivan



PROGRAM CHAIRS

Andry Vleeming, Belgium
Paul Hodges, Australia

SCIENTIFIC COMMITTEE

Andry Vleeming, Belgium
Paul Hodges, Australia
Lieven Danneels, Belgium
Britt Stuge, Norway
Jaap van Dieën, The Netherlands
Bengt Stureson, Sweden
Robert Schleip, Germany
Carla Stecco, Italy
Hanne Albert, Denmark
Jan Hartvigsen, Denmark
Bart Koes, The Netherlands
Thomas Kibsgård, Norway
Linda van Dillen, USA
Annelie Gutke, Sweden
Nadine Foster, Australia
Jon Ford, Australia
Paulo Ferreira, Australia
Steven Kamper, Australia
Lorimer Moseley, Australia
Peter O'Sullivan, Australia



ENDORISING ORGANISATIONS

- Australian Physiotherapy Association
- Osteopathy Australia
- Axxon Belgium – the Belgian Physiotherapy Professional Association
- Afghan Association for Physical Therapy
- American Academy of Orthopaedic Manual Physical Therapy (AAOMPT)
- American Academy of Osteopathy (AOA)
- American Physical Therapy Association (APTA) Orthopaedic Section
- Asia-Oceanian Society of Physical and Rehabilitation Medicine (AOSPRM)
- APOA Asia Pacific Orthopaedic Association
- ASCOFI, Asociacion Colombiana de Fisioterapia
- Asociación Española de Fisioterapia
- Association of Academic Physiatrists
- Association of Chiropractic, Malaysia
- Australian Association of Musculoskeletal Medicine AAMM
- Australian Chiropractors Association
- Australasian College of Sports Physicians
- Australian Pilates Method Association
- Bahrain Physical Therapy Association (BPTA)
- Bangladesh Physiotherapy Association
- Belgian Back Society
- Belgian Chiropractors Union
- Cambodian Physiotherapy Association
- Canadian Academy of Manipulative Therapists
- Canadian Physiotherapy Association – Womens Health Division
- Canadian Physiotherapy Association-Orthopaedic Division
- Chiropractic Association of Ireland
- Chiropractic Association of South Africa
- Chiropractic Australia
- Danish Association of Musculoskeletal Medicine (DSMM)
- Danish Musculoskeletal Physiotherapy Ass. DMPA
- Danish Physiotherapy Association
- Department of Rehabilitation, Sciences and Physiotherapy, University of Ghent
- Emirates Medical Association and Physiotherapy Society
- European Chiropractors' Union (ECU)
- European Roling Association
- Exercise & Sports Science Australia ESSA
- Fascia Research Society
- Hong Kong Physiotherapy Association
- International Academy of Osteopathy (IAO)
- International Association of Structural Integrators



- International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT)
- International Federation for Manual and Musculoskeletal Medicine
- International Organization of Physical Therapists in Women's Health
- International Pelvic Pain Society
- International Society of Clinical Rehabilitation specialists (I.S.C.R.S.)
- International Society of physical and Rehabilitation Medicine (I.S.P.R.M.)
- Iran Sports Medicine Federation
- Japanese Association of Chiropractors
- Japanese society of musculoskeletal physical therapy
- Japanese Physiotherapy Association
- Keurmerk Fysiotherapie
- Korean Academy of Cyriax Orthopaedic Medicine
- Kuwait Physical Therapy Association
- Malaysian Physiotherapy Association
- Manipulation Association of Chartered Physiotherapists, U.K.
- Manual Therapy Association Belgium (MATHERA)
- McKenzie Institute International
- Musculoskeletal Physiotherapy Association (MPA)
- Myopain Seminars
- Myotherapy Association Australia (MA)
- Nederlandse Vereniging voor Osteopathie
- New Zealand Chiropractors Association
- New Zealand Manipulative Physiotherapist Association (NZMPA)
- Nepal Physiotherapy Association
- North American Institute of Orthopaedic Manual Therapy (NAIOMT)
- North American Spine Society
- Norwegian Manual Therapist Association
- Ontario Association of Osteopathic Manual Practitioners
- Osteopaths New Zealand
- Physical Therapy Association of the Republic of China – Taiwan
- Physiotherapy New Zealand
- Philippine Physical Therapy Association
- Saudi Association of Neurological Surgery
- Saudi Physical Therapy Association
- Singapore Orthopaedic Society
- Singapore Physiotherapy Association
- Sociedad Iberoamericana de Información Científica (SIIC)
- Sociedade Brasileira de Fisioterapia
- SOMTY Finnish Association of Orthopaedic Manual Therapists
- SOTO-USA



- South African Society of Physiotherapy
- Spanish Association of Physiotherapists
- Spine Society of Australia
- Swedish Naprapathic Association
- Taiwan Physical Therapy Association
- Registered Massage Therapist Association of British Columbia
- The Rolf Institute of Structural Integration
- The Vert Mooney Spine & Sport Foundation
- Turkish Physiotherapy Association
- University of New England, Medical faculty of Osteopathic Medicine
- Vereniging voor Sportgeneeskunde
- Verein zur Förderung der Fasziensforschung e.V
- World Federation of Chiropractic
- World Spine Society – WSS

With the kind support from the following publications:

- Elsevier Limited
- Journal of Manipulative and Physiological Therapeutics
- Journal of Orthopaedic & Sports Physical Therapy JOSPT
- Spinal News
- The Journal of Rheumatology



PROGRAM AT A GLANCE

TUESDAY 31 ST Oct			WORKSHOPS	
WEDNESDAY 1 ST NOV	ANATOMY, BIOMECHANICS & MOTOR CONTROL	LUMBAR PAIN	LUNCH	EDUCATIONAL & BEHAVIORAL THERAPIES SURGERY
THURSDAY 2 ND NOV	EXERCISE	ADVANCES IN TECHNOLOGY	POSTER PRESENTATIONS	PARALLEL SESSIONS SURGERY FASCIA PELVIC GIRDLE PAIN EXERCISE ADVANCES IN TECH SELF MANAGEMENT PRIMARY CARE
FRIDAY 3 RD NOV	FASCIA	PELVIC GIRDLE PAIN	POSTER PRESENTATIONS	PARALLEL SESSIONS LUMBAR PAIN EDUCATIONAL AND BEHAVIORAL THERAPIES ANATOMY BIOMECHANICS & MOTOR CONTROL GALA
SATURDAY 4 TH NOV	PRIMARY CARE	SELF MANAGEMENT & LIFESTYLE INTERVENTIONS IN LBP	LUNCH	PANEL: THE PRESENT AND THE FUTURE CLOSING CEREMONY
SUNDAY 5 TH NOV				WORKSHOPS

PRELIMINARY PROGRAM

Tuesday, October 31st

- 17.30 – 18.30 **Pre-Registration**
- 17.30 - 18.30 **Welcome Reception**

Wednesday, November 1st

07.00 **Registration open**

Main Session

GOLDFIELDS THEATRE

08.15 **Welcome to Melbourne and Official Opening of the Congress**
Paul Hodges, Andry Vleeming

Anatomy, Biomechanics & Motor Control: Changes in motor control with low-back pain; causes, effects and clinical implications
Moderators: Jaap van Dieën, Paul Hodges & Andry Vleeming

08.30 **Introduction**
Jaap van Dieën

08.35 **Changes in trunk motor control with LBP, causes and effects**
Jaap van Dieën

08.55 **Changes in trunk muscle properties with LBP**
Paul Hodges

09.15 **Subgroups of lumbo-pelvic flexion kinematics**
Robert Laird

09.25 **Postural threat and motor control**
Meta Wildenbeest

09.35 **Stress shielding within lumbar musculoskeletal soft tissues**
Emily Newell

09.45 **Ultrasound imaging of multifidus muscle composition**
Patricio Pincheira



- 09.55 **Discussion**
- 10.15 **Morning break**
- Lumbar Pain- One Size does not fit all** **GOLDFIELDS THEATRE**
Moderators: Hanne Albert & Jon Ford
- Do the majority of patients with pain related to the lumbar spine suffer from “non-specific low back pain?” Should they all be treated with a guideline-based approach? Or should health practitioners provide treatment individualised based on the complexity implicit within the biopsychosocial model? This session will highlight the complexity of low back pain and the implications for providing effective, evidence-based and individualised treatment.
- 10.45 **Introduction**
Hanne Albert
- 10.50 **T.B.A**
Hanne Albert
- 11.10 **Time for a change: Interpreting clinical practice guidelines; an individualised physiotherapy approach (Jon Ford)**
Jon Ford
- 11.30 **Sensory Cortex reorganization in chronic low back pain: Solving the riddle**
Michael Meier
- 11.40 **Effectiveness of conservative management for lumbar disc herniation with associated radiculopathy: A systematic review and meta-analysis update**
Musa Sani Danaazumi
- 11.50 **Does the presence of inflammation impact surgical and conservative management outcomes for people with lumbar disc herniation with associated radiculopathy?**
Andrew Hahne
- 12.00 **Predictors and moderators of response to chiropractic spinal manipulative therapy for chronic primary low back pain: A mechanistic randomized controlled trial**
Carlos Gevers-Montoro



- 12.10 **Discussion**
- 12.30 **Lunch break**
- Educational and Behavioural Therapies** **GOLDFIELDS THEATRE**
Moderators: Lorimer Moseley & Peter O’Sullivan
- 13.30 **Introduction**
Peter O’Sullivan
- 13.35 **Caring for people with low back pain, can we do better?**
Peter O’Sullivan
- 13.55 **Changing minds and bodies: New wave pain education - innovations and challenges**
Lorimer Moseley
- 14.15 **Mechanisms of education and graded sensorimotor retraining in people with chronic low back pain**
Aidan Cashin
- 14.25 **What pain concepts do ‘improved’ and ‘not improved’ consumers value at long-term follow up? A survey on the relevance of target concepts after pain science education for chronic back or pelvic pain**
Hayley Leake
- 14.35 **Cognitive Functional Therapy with or without movement sensor biofeedback versus usual care for chronic, disabling low back pain (RESTORE)**
Mark Hancock
- 14.45 **Patient beliefs about imaging for low back pain management and perceptions of commonly reported imaging terms**
Jessica Witherow
- 15.55 **Discussion**
- 16.15 **Afternoon Break**



Surgery

GOLDFIELDS THEATRE

Moderators: Bengt Sturesson & Thomas Kibsgård

- 16.45 **Introduction**
Bengt Sturesson
- 16.50 **Where does the pain come from?**
Bengt Sturesson
- 17.10 **Minimally invasive sacroiliac joint fusion versus sham surgery as treatment for sacroiliac joint pain - A randomized controlled double-blinded multicenter trial**
Engelke Marie Randers
- 17.20 **Outcome measurements and register data**
Thomas Kibsgård
- 17.35 **Complications and revisions in minimal invasive sacroiliac joint surgery**
David Polly
- 17.55 **Development of treatment for sacroiliac pain in Japan**
Daisuke Kurozawa
- 18.10 **Discussion**
- 18.30 **Closure**



Thursday, November 2nd

Main Session

GOLDFIELDS THEATRE

- Exercise interventions**
Moderators: Lieven Danneels & Linda van Dillen
- 08.25 **Introduction**
Lieven Danneels & Linda van Dillen
- 08.30 **Sensorimotor control training: Do we really want to throw the baby out with the bathwater?**
Lieven Danneels
- 08.50 **Spinal movement impairments in non-chronic low back pain: A potential clinical biomarker**
Linda van Dillen
- 09.10 **WalkBack: Effectiveness and cost-effectiveness of a progressive, individualised walking and education program for prevention of low back pain recurrence**
Natasha Pocovi
- 09.20 **HITHOME – Technology supported high intensity training at home for persons with chronic low back pain: A pilot cohort study**
Jonas Verbrugghe
- 09.30 **Physiotherapy aided by a clinical decision support system versus standard physiotherapy for treating persistent low back pain: Results of a pilot randomised controlled trial**
Andrew Hahne
- 09.45 **The added value of cognitive behavioural therapy for insomnia to current best evidence physical therapy for chronic spinal pain: A randomised controlled clinical trial**
Liesbet De Baets
- 09.55 **Discussion**
- 10.15 **Morning break**



Advances in Technology

GOLDFIELDS THEATRE

Moderators: Paul Hodges & Paulo Ferreira

- 10.45 **Introduction**
Paul Hodges
- 10.50 **How digital technology can help people with low back pain**
Paul Hodges
- 11.10 **New innovations and opportunities for wearable sensors in back pain**
Paulo Ferreira
- 11.30 **Repetitive transcranial magnetic stimulation alone and in combination with motor control exercise for the treatment of individuals with chronic non-specific low back pain: The ExTraStim sham-controlled randomised controlled trial**
Philippe Patricio
- 11.40 **Effectiveness of an eHealth-delivered physical activity program to EMpower People with musculoskeletal pain in Rural communities (EMPower): A randomised controlled trial**
Carlos Mesa Castrillon
- 11.50 **Phenotyping low back pain from video capture using computer vision and machine learning**
Liba Sheeran
- 12.00 **The application of markerless technology and deep learning for the assessment of spine movement patterns and dysfunction**
Jessica Wenghofer
- 12.10 **Discussion**
- 12.30 **Lunch Break & Poster Presentations**



Parallel Sessions

- 13.45 Parallel Session I: Surgery
- 13.45 Parallel Session II: Pelvic Girdle Pain
- 13.45 Parallel Session III: Advances in Technology
- 14.50 Parallel Session IV: Self Management & Lifestyle Interventions
- 15.30 **Afternoon Break**
- 16.05 Parallel Session V: Fascia
- 16.05 Parallel Session VI: Exercise
- 16.05 Parallel Session VII: Primary Care
- 17.10-17.40 **Discussion and Closure of parallel sessions**



Friday, November 3rd

Main Session

GOLDFIELDS THEATRE

Fascia

Moderators: Robert Schleip & Carla Stecco

- 08.25 **Introduction**
Robert Schleip & Carla Stecco
- 08.30 **Coordination between trunk muscles, thoracolumbar fascia and intra-abdominal pressure toward static spine stability**
Mark Driscoll
- 08.50 **Impact of hormonal and mechanical inputs into fasciae**
Carla Stecco
- 09.10 **Interactions between fascia, the autonomic nervous system and immune regulation**
Robert Schleip
- 09.30 **Fascia tissue manipulation using skin displacement at the lumbar spine affects flexion and extension of the spine, pelvic and hip range of motion**
Robbert Van Amstel
- 09.40 **What are the long-term outcomes for diastasis rectus abdominis? A qualitative research study**
Diane Lee
- 09.50 **Muscle spindles of the multifidus muscle undergo structural change after intervertebral disc degeneration**
Gregory James
- 10.00 **Discussion**
- 10.10 **Morning break**

Pelvic Girdle Pain - Listen to patients with pelvic girdle pain –
Worldwide prevalence, causes and care

Moderators: Britt Stuge & Annelie Gutke

Pelvic Girdle Pain (PGP) is an increasingly recognized condition in clinical work and research worldwide. Evidence based practice should be based on the integration of best research evidence with clinical expertise and patient values. This session will focus on current evidence of multinational prevalence of PGP, and highlight beliefs and expectations of causes and care among patients and health care providers. Active patient engagement in research is another novelty to be presented and discussed.

- 10.40 **Introduction**
Britt Stuge
- 10.45 **Pelvic girdle pain today**
Britt Stuge
- 10.55 **Is ethnicity associated with pelvic girdle pain during pregnancy and early postpartum?**
Hilde Stendal Robinson
- 11.05 **Prevalence and factors associated with pregnancy-related pelvic girdle pain in Australian women**
Dragana Cernja
- 11.15 **A dynamic model for active patient engagement in low back pain and pelvic girdle pain**
Amy Elise Martinse
- 11.25 **Pelvic girdle pain tailored to patient and context**
Annelie Gutke
- 11.35 **Perceived cause of pelvic girdle pain by primiparae and the influence of healthcare providers**
Esther van Benten
- 11.45 **Drivers, barriers, and response to care of Australian pregnant women seeking chiropractic care for low back and pelvic girdle pain**
Maria Bernard-Giglio



11.55 **Expertise and individually tailored interventions are expected by pregnant women with pelvic girdle pain when they seek physiotherapy**
Annika Svahn Ekdahl

12.05 **Discussion**

12.25 **Lunch Break and Poster Presentations**

Parallel Sessions

13.40 Parallel Session VIII: Lumbar Pain

13.40 Parallel Session IX: Educational and Behavioural Therapies

15.15 Parallel Session X: Anatomy, Biomechanics & Motor Control

17.15 **Closure**

19.00 **Gala**
Venue: Zinc Federation Square (registration is mandatory)
Buses will depart outside Pan Pacific Hotel/MCEC at 18.45 hrs.
Gala welcome reception starts at 19.00 hrs
Dinner starts at 19.30 hrs.



Saturday, November 4th

Main Session

GOLDFIELDS THEATRE

Primary Care

Moderators: Bart Koes & Nadine Foster

08.45 **Introduction**
Bart Koes

08.50 **Management of sciatica in primary care**
Bart Koes

09.10 **Can e-health help primary care management of low back pain, and what is needed next?**
Nadine Foster

09.30 **Australian standards for back pain, recommendations and implementation and evaluation plan**
Chris Maher

09.50 **Factors influencing general practitioners' choices in prescribing analgesic medicines to patients with chronic low back pain: A discrete choice experiment**
Melanie Hamilton

10.00 **Reassurance for low back pain in primary care: A scoping review**
Anika Young

10.10 **Discussion**

10.30 **Morning Break**



Self-management & Lifestyle interventions

Moderators: Jan Hartvigsen & Steven Kamper

- 11.00 **Introduction**
Jan Hartvigsen
- 11.05 **Self-management in back pain care: What, why, how**
Jan Hartvigsen
- 11.25 **Lifestyle interventions for low back pain. What are they and what is the evidence that they benefit people?**
Steven Kamper
- 11.45 **The impact of aggregate positive lifestyle behaviours on low back pain resilience and care seeking**
Katharine Roberts
- 11.55 **Booster prescription and outcomes in adults with low back pain**
Vanessa Lanier
- 12.05 **Co-production of BACK-on-LINETM, a work-based digital self management of low back pain, for implementation and scaleup the rail industry**
Liba Sheeran
- 12.15 **Case description of unique global health outcomes in a patient with musculoskeletal pain enrolled in a novel intensive lifestyle medicine program**
Heidi Prather
- 12.25 **Discussion**
- 12.45 **Lunch Break**
- 13.45 **Panel: The present and the future**
- 15.15 **CLOSING CEREMONY & POSTER PRIZES**



Thursday, November 2nd

13.45 **Parallel Sessions I, II, III**

14.45 **Parallel Session IV**

Parallel Session I

Surgery

Moderators: Bengt Sturesson & Thomas Kibsgård

- 13.45 **Introduction**
Bengt Sturesson & Thomas Kibsgård
- 13.50 **Relationship between patient baseline lifestyle-related comorbidities and lumbar spine surgery post-operative course**
Heidi Prather
- 14.00 **Access denied: Minimally invasive SI joint fusion patient reported outcomes in obese patients**
David Polly
- 14.10 **Comparative effects of discectomy, physiotherapy or advice for people with lumbar disc herniation with associated radiculopathy**
Andrew Hahne
- 14.20 **REACT rehabilitation pathway for lumbar fusion surgery: Interim results of a hybrid effectiveness-implementation study**
Liedewij Bogaert
- 14.30 **Osseointegration in minimally invasive sacroiliac joint fixation implants - A study of titanium triangular implants removed from in vivo after 6 months**
Engelke Marie Randers
- 14.40 **Computed tomography-guided sacroiliac joint intra-articular injections: Success rate and technical issues**
Daisuke Kurosawa



- 14.50 **Surgical outcomes of patients with sacroiliac joint pain: An analysis of patients with poor results regarding activities of daily living**
Daisuke Kurosawa
- 15.00 **Surgical versus non-surgical treatment for sciatica: A systematic review and meta-analysis**
Giovanni Ferreira
- 15.10 **Spinal cord stimulation for low back pain: a Cochrane review**
Adrian Taeger
- 15.20 **Minimally invasive SI joint fusion procedures for chronic SI joint pain: Systematic review and meta-analysis of safety and efficacy**
Daniel Cher
- 15.30 **The sacroiliac joint axes of rotation: Implications for rigid and dynamic stabilization**
Oluwatodimu Richard Raji
- 15.40 **Discussion**
- 15.50 **Afternoon Break**

Parallel Session II

Pelvic Girdle Pain

Moderators: Britt Stuge & Annelie Gutke

- 13.45 **Introduction**
Britt Stuge & Annelie Gutke
- 13.50 **Sacroiliac joint pain increases repositioning error during active straight leg- raising**
Tsuyoshi Morito
- 14.00 **Living with pelvic girdle pain in pregnancy amongst Australian women: A qualitative study**
Dragana Ceprnja



- 14.10 **Differences in healthcare providers' illness perceptions of pregnancy related pelvic girdle pain**
Esther van Bentem
- 14.20 **Caring for women with pregnancy-related pelvic girdle pain: Perceptions, beliefs and experiences of healthcare workers in Australia**
Dragana Ceprnja
- 14.30 **The effectiveness of exercise for pregnancy-related lumbopelvic pain: A systematic review and meta-analysis of randomized control trials**
Luciana Macedo
- 14.40 **Exercising after pregnancy and its impact on pelvic symptoms and muscle recovery: A longitudinal prospective cohort study**
Sabine Vesting
- 14.50 **Postpartum evaluation of individualised physiotherapy interventions in pregnancy for pelvic girdle pain**
Annika Svahn Ekdaahl
- 15.00 **Risk factors for pelvic girdle pain and pregnancy related low back pain postpartum - A systematic review and meta-analysis**
Annelies Pool-Goudzwaard
- 15.10 **The Dutch language version of the Pelvic Girdle Questionnaire- Translation and confirmative factor analysis in women with pelvic girdle pain**
Annelies Pool-Goudzwaard
- 15.20 **Discussion**
- 15.30 **Afternoon Break**



Parallel Session III

Advances in Technology

Moderators: Paul Hodges & Paolo Ferreira

- 13.45 **Introduction**
Paul Hodges & Paolo Ferreira
- 13.50 **Machine learning derived lifting techniques and pain self-efficacy in people with chronic low back pain**
Trung Phan
- 14.00 **Convolutional neural networks for the automatic segmentation of lumbar paraspinal muscles in people with low back pain**
Eddo Wesselink
- 14.10 **Assessment of spinal and pelvic kinematics using inertial measurement units in people with persistent low back pain**
Liba Sheeran
- 14.20 **How we measure movement matters; changes in forward bending over the course of cognitive functional therapy for chronic low back pain**
Ruth Chang
- 14.30 **Feasibility and reliability in using ultrasound shear wave elastography on measuring stiffness of the psoas major and quadratus lumborum muscles**
FengMing Zhou
- 14.40 **Discussion**



Parallel Session IV

Self Management & Lifestyle Interventions

Moderators: Jan Hartvigsen & Steven Kamper

- 14.50 **Introduction**
Jan Hartvigsen & Steven Kamper
- 14.55 **Effectiveness of a coordinated discharge support system for reducing health care use in patients with chronic low back pain: A randomised controlled trial**
Emma Ho
- 15.05 **Person-specific characteristics moderate the effect of motor skill training in adults with low back pain**
Vanessa Lanier
- 15.15 **The effect of self-management interventions on musculoskeletal disorders in musicians: A scoping review**
Noudy Eleryan
- 15.25 **Discussion**
- 15.35 **Afternoon Break**

Parallel Session V

Fascia

Moderators: Robert Schleip & Carla Stecco

- 16.05 **Introduction**
Robert Schleip & Carla Stecco
- 16.10 **Fascia in relation to pressure systems: The missing link in comprehending comorbidity in lumbopelvic pain?**
Jan-Paul Wingerden
- 16.20 **Associations between deformation of the thoracolumbar fascia and activation of the erector spinae and multifidus muscle in**



- patients with acute low back pain and healthy controls
Robert Schleip
- 16.30 **Ultrasound imaging of thoracolumbar fascia in low back pain: A cross-sectional study**
Carla Stecco
- 16.40 **Are fascial strains involved in chronic pelvic pain syndrome? An exploratory matched case-control study**
Fulvio Dal Farra
- 16.50 **Pelvic external myofascial mobilization improves outcomes of chronic pelvic pain with long lasting effects**
Ajimsha Sharafudeen
- 17.00 **Thoracolumbar fascia morphology of those with and without lower back pain: An observational ultrasound study**
Claire Melanie Boucher
- 17.10 **Discussion and Closure**

Parallel Session VI

Exercise

Moderators: Lieven Danneels & Linda van Dillen

- 16.05 **Introduction**
Lieven Danneels & Linda van Dillen
- 16.10 **Association between different amounts of physical activity and sedentary behaviour and the trajectory of low back pain**
Meiyi Huo
- 16.20 **Beneficial and harmful effects of physical activity or sedentary behaviour on care-seeking for low back pain**
Emma Ho
- 16.30 **Motor control training for symptomatic lumbar disc herniation: A systematic review and meta-analysis**
Mohammadreza Pourahmadi
- 16.40 **BREATHE-(H)IT Trial protocol: High-intensity training to improve diaphragm functioning in persons with chronic nonspecific low**



- back pain**
Sim Klaps
- 16.50 **The effects of exercise therapy on the muscle structure of low back muscles in low back pain patients: A systematic review and meta-analysis**
Tine Willems
- 17.00 **A protocol for a mixed methods feasibility study of a COMorbidity adapted Exercise program for low BACK pain in older adults (COMEBACK)**
Katie de Luca
- 17.10 **Effect of perioperative pain neuroscience education in people undergoing surgery for lumbar radiculopathy: A multicenter randomized controlled trial**
Eva Huysmans
- 17.20 **Is a twelve-week running program appropriate for people with chronic low back pain? Efficacy and feasibility data from a randomised controlled trial**
Christopher Neason
- 17.30 **Discussion and Closure**

Parallel Session VII

Primary Care

Moderators: Bart Koes & Nadine Foster

- 16.05 **Introduction**
Bart Koes & Nadine Foster
- 16.10 **The Observable Movement Quality scale for patients with low back pain: Validity, reliability and feasibility in primary care**
Margriet van Dijk
- 16.20 **Efficacy of a psychologically-informed physiotherapy intervention in patients with chronic low back pain with a high level of psychosocial factors: A pilot and feasibility randomised controlled trial**
Hugo Masse-Alari



- 16.30 **Predictors of presenteeism in care workers with low back pain: Longitudinal study, decision tree analysis**
Tepei Abiko
- 16.40 **General practitioners' decision-making process to prescribe pharmacological treatments for low back pain: A qualitative study**
Giovanni Ferreira
- 16.50 **Prognostic factors and treatment effect modifiers of musculoskeletal patients in primary care: Exploratory secondary analysis of the STEMS randomised trial of the offer of direct access to physiotherapy-led care**
James Zouch
- 17.00 **Reassurance for low back pain in primary care: A qualitative study**
Anika Young
- 17.10 **A short-term follow-up of the PREVSAM-model - Prevention of persistent pain and sickness absence through early identification and rehabilitation of at-risk patients with musculoskeletal disorders in primary care**
Maria Niklasson Larsson
- 17.20 **Discussion and Closure**



Friday, November 3rd

13.40 **Parallel Sessions VIII, IX**

16.15 **Parallel Session X**

Parallel Session VIII

Lumbar Pain

Moderators: Hanne Albert & Jon Ford

13.40 **Introduction**
Hanne Albert

13.45 **Reference standard for lumbar paraspinal muscle morphology in people with and without low back pain**
Eddo Wesselink

13.55 **Prevalence of serious spinal pathology: clinical setting matters**
Alla Melman

14.05 **The association of low back pain with lumbar spine movement control impairment syndromes – A cohort study**
Peetu Rytönen

14.15 **Direction specific changes in trunk muscle synergies in individuals with extension-related low back pain**
Hiroki Saito

14.25 **Diaphragm function in weightlifters with and without chronic low back pain and its association with sports performance**
Fu SiuNgor

14.35 **Discussion**

14.45 **Afternoon break**



- 15.15 **Risk factors for low back pain outcome: Does it matter when they are measured?**
David Klyne
- 15.25 **Determining factors for return to work after a multidisciplinary treatment in incapacitated workers with low back pain**
Tine Willems
- 15.35 **Normalisation process theory (NPT) analysis of user experience of BACK-to-FITTM – A novel digital intervention to promote exercise self-management and physical activity in people with low back pain**
Akushla Rathnayake
- 15.45 **Exploring the perceptions and experiences of patients and healthcare professionals in Belgium’s multidisciplinary program for secondary prevention of low back pain**
Lisa Bernaers
- 15.55 **Coronavirus-2 infection is associated with low back pain: Result from a case-control study**
Mohammad Ali
- 16.05 **Low back pain in Australian CrossFit participants: A national survey**
Benjamin Lustig
- 16.15 **Discussion**
- 19.15 **Gala** (buses depart 19.00)

Parallel Session IX

Educational & Behavioural Therapies

Moderators: Lorimer Moseley & Peter O’Sullivan

- 13.40 **Introduction**
Lorimer Moseley & Peter O’Sullivan
- 13.45 **Development of consumer information leaflets to support TAPeriNG of Opioids in older adults with low back pain and hip and knee osteoarthritis (TANGO)**



- Alessandra Marcelo
- 13.55 **Expert opinions to develop an electronic sleep intervention tailored for individuals with low back pain: A nominal group study**
Paulo Ferreira
- 14.05 **Developing confident competence to deliver cognitive functional therapy for persistent low back pain: A qualitative investigation of training**
Phoebe Simpson
- 14.15 **Whether and how to address mental health in the musculoskeletal care setting: Perspectives from spine patients and clinicians**
Abby Cheng
- 14.25 **Preferred modalities for mental health intervention delivered in the orthopedic clinic: Perspectives from spine patients and clinicians**
Abby Cheng
- 14.35 **Discussion**
- 14.45 **Afternoon Break**

Parallel Session X

Anatomy, Biomechanics & Motor Control

Moderators: Jaap van Dieën, Paul Hodges & Andry Vleeming

- 15.15 **Introduction**
Jaap van Dieën
- 15.25 **The effects of variations in lumbar spine curvatures on biomechanical behaviour**
Brittany Stott
- 15.35 **The female LBP conundrum**
Adele Stewart



- 15.45 **Sexual differentiation in sacroiliac joint rotational and shear motion zones - Implications for arthrodesis, LBP and pelvic girdle pain therapies**
Oluwatodimu Richard Raji
- 15.55 **The impact of psychological stress on motor control**
Timothy Doorson
- 16.05 **Lower limb proprioception and postural control strategies in people with low back pain**
Zhengquan Chen
- 16.15 **Clinical examination of lumbopelvic sensorimotor control in low back pain: Is it actually valid? A systematic review**
Thomas Matheve
- 16.25 **Which factors influence motor imagery performance in chronic low back pain**
Thomas Matheve
- 16.35 **An enhanced spine model validated for simulating dynamic lifting tasks in OpenSim**
Mohammadhossein Akhavanfar
- 16.45 **Within-session effects of treating spinal movement impairments during functional activities in people with acute low back presenting to the Emergency Department**
Linda van Dillen
- 16.55 **The correlation between balance and trunk extensor strength in patients with chronic low back pain with tightened hamstring**
Mohammadbagher Shamsi
- 17.05 **Discussion**
- 17.15 **Closure**
- 19.15 **Gala** (buses depart 19.00)



Poster Tour 1 – Thursday 2 November

Anatomy, biomechanics and motor control

- P1 Trunk muscle strength and muscle coactivation in patients with chronic non-specific low back pain: An observational case-control study**
Althobaiti S., Falla D. (UK & Saudi Arabia)
- P2 CT guided diagnostic block of the SIJ**
Badgley L.E. (USA)
- P3 Prolonged sitting decreases and prolonged lying increases the water content of the lumbar intervertebral discs**
Chiba M., Oshikawa T., Otake N., Kitahara T., Kaneoka K. (Japan)
- P4 Coccygeal motion due to pelvic floor muscles contraction in patients with low back and pelvic girdle pain**
Ezaki H., Morito T., Oshikawa T., Kaneoka K. (Japan)
- P5 Comparison of morphology and joint surface changes in the sacroiliac joints of quadrupeds and bipeds**
Goff L.M. (Australia)
- P6 Preoperative balance ability predicts the functional performance in patients with degenerative lumbar spondylolisthesis after lumbar fusion**
Wong W.J., Chen Y.C., Lai D.M., Hsu W.L. (Taiwan)
- P7 Effect of pilates-based motor control exercise intervention on low back pain in baseball players**
Ichikawa I., Morito T., Oshikawa T., Kaneoka K. (Japan)
- P8 Using surface electromyography to quantify diaphragm muscle activation during postural control in chronic nonspecific low back pain: Protocol for a validation study**
Klaps S., Verbrugghe J., Goossens N., Köke A., Verbunt J., Timmermans A., Langer D., Janssens L. (Belgium & The Netherlands)



- P9** **Which factors influence motor imagery performance in chronic low back pain**
Matheve T., Janssens L., Timmermans A., Goossens N., Danneels L., Meirezonne H., Brandt M., De Baets L. (Belgium)
- P10** **Analysis of in-plane and perpendicular axis displacement of the sacroiliac joint under multidirectional bending: A cadaveric biomechanical study**
Raji O.R., Mayer, S.M., Leasure J.M. (USA)
- P11** **The influence of lumbar disc degeneration on spine compensation: A finite-element approach**
Mithani A., Aoude A., Driscoll D. (Canada)
- P12** **Relationship between low back pain-induced disability and lumbar and hip motion angles and disruption of lumbar self-perception**
Miyachi R., Miyazaki J. (Japan)
- P13** **Investigation of the reliability and validity of motion angle measurements during trunk flexion and extension exercises using Openpose**
Miyazaki J., Shigeto H., Harada S., Hirata A., Katayama J., Tennan K. (Japan)
- P14** **Spinopelvic alignment and low back pain after total hip arthroplasty: A scoping review**
Pourahmadi M., Sahebalam M., Dommerholt J., Fernández-de-Las-Peñas C., Mansournia M.A. (Iran, USA & Spain)
- P15** **People with chronic low back pain increase vertical ground reaction force steadiness during lifting**
Pranata A., Bryant, A.L., Clark R., Han J., Farragher J. (Australia & China)
- P16** **Differences in muscle coordination during cross motion exercises with and without a history of groin pain**
Saito H., Hakariya N., Soga T., Shinohara S., Matsunaga N., Teerapat L., Hirose N. (Japan)



- P17** **Differences in muscle coordination in approach angle during inside kick and with and without history of groin pain**
Saito H., Matsunaga N., Takahashi S., Hakariya N., Soga T., Nakaichi N., Shinohara S., Hirose N. (Japan)
- P18** **Development of device for measuring the stiffness of pelvic floor muscles: An attempt to develop a device for measuring pelvic floor muscles**
Sakamoto A., Eguchi T., Gamada K., Fukuda O. (Japan)
- P19** **The 5 Primary Kinetic Chains (5PKCs), an expansion of Dr. Vleeming's five subsystems**
Schwartz J. (USA)
- P20** **Manual handling in childcare work: Components of back injury risk during the task of nappy changing**
Stewart A.J. (Australia)
- P21** **Pregnancy: Identifying components of work-related lower back pain**
Stewart A.J. (Australia)
- Lumbar Pain**
- P22** **Predictors of disability in older adults with LBP and changes over time: Findings from the BACE: C-A study**
de Luca K., Young A., Hartvigsen J., Rubinstein S., French S.D. (Australia, Denmark & The Netherlands)
- P23** **How are clinically unimportant terms in lumbar spine imaging reports identified? A content analysis of X-ray, CT and MRI reports**
Farmer C., Haas R., Wallis J., O'Connor D., Buchbinder R. (Australia)
- P24** **Implementation of an evidence-based pathway and rapid access outpatient clinic for patients presenting to an emergency department with low back pain**
Gan R., Farmer C. (Australia)
- P25** **Vitamin D deficiency is associated with nonspecific chronic low back pain in young women, a case-control study**
Javadian Y., Heidari B., Hakimi N., Hajian-Tilaki K., Firouzjahi A. (Iran)



- P26** **Development of low back pain curriculum content standards for entry-level clinical training**
Jenkins H., Hancock M., Brown B., O'Keefe M., Moloney N., Maher C. and the LBP curriculum content standards working group (Australia & New Zealand)
- P27** **The association between pregnancy-related musculoskeletal pain and pregnancy outcomes: A systematic review and meta-analysis**
Lan Q.L., Wei Y.Y., Castrillon C.M., Fu A., McKay M., Simic M., Ferreira P. (Australia & China)
- P28** **Correlation between dimensions of fatigue and pain localisation in women with chronic low back pain: A cross-sectional study**
Larsson A., Bornhoft L., Bergenheim A., Nordeman L. (Sweden)
- P29** **When sitting hurts: A scoping review of sitting-related pain and disability in people with back- and pelvic girdle pain**
Martinsen A.E., Storheim K. (Norway)
- P30** **Determining the effectiveness and feasibility of a virtual hospital model of care for low back pain**
Melman A., Coombs D.M., Li Q., Billot L., Richards B., Marabani M., Anandacoomarasamy A., Hutchings O., Teng M.J., McCaffery K., Harris I., Buchbinder R., Maher C.G., Machado G.C. (Australia)
- P31** **Global prevalence of musculoskeletal pain in rural and urban populations - A systematic review with meta-analysis**
Mesa-Castrillon C.I., Beckenkamp P.R., Ferreira M.L., Simic M., Davis P.R., Michell A., Pappas E., Luscombe G., De Noronha M., Ferreira P.H. (Australia)
- P32** **Predictors for activity improvement in women with chronic low back pain after 13 years – A prospective longitudinal study in primary healthcare**
Nordeman L., Bergenheim A., Enhörning E., Ho-Henriksson C.M., Hellgren M., Grimby-Ekman A. (Sweden)
- P33** **Differences in the volume and sagittal displacement of each segment between participants with and without low back pain**
Ota M., Tateuchi H., Ezaki H., Fujio A., Kishimoto T., Sakamoto A., Ichihashi N. (Japan)



- P34** **Prevalence of lifestyle-related co-morbidities and patient-reported physical and mental health in low back pain patients**
Prather H., Casey E., Cheng A.L., Leupold O., Rau O., Cheng J. (USA)
- P35** **Unusual presentation of gluteus medius trigger point and tightness: A case study**
Rahnama L., Saberi M., Rahnama M., Ostovari A. (USA, Spain & Iran)
- P36** **The effect of caffeine on the analgesia induced by myofascial reorganization in mice with inflammation**
Schleip R., Ortiz M.E., Sinhorim L., de Oliveira B.H., da Silva R.H., de Souza G.M., Szeremeta Y., Bittencourt E.B., Bianco G., Inoue Salgado A.S., Martins D.F. (Germany, Brazil, USA & Italy)
- P37** **Peripheral and spinal activation of cannabinoid receptors CB2 by manipulation of thoracolumbar fascia alleviates hyperalgesia in mice with paw inflammation**
Schleip R., Sinhorim L., de Oliveira B.H., Ortiz M.E., da Silva R.H., de Souza G.M., Szeremeta Y., dos S. Amorim M., França M.E., Bittencourt E.B., Bianco G., Hirayama A.B., Horewicz V.V., Martins D.F. (Germany, Brazil, USA & Italy)
- P38** **Intensity of low back pain in the third-trimester pregnancy is related to postpartum pain**
Tanaka S., Narita T., Sato K., Fujii S., Aisaka K., Nose S. (Japan)
- P39** **Do Dutch-speaking Belgians agree with the national guidelines on the treatment of low back pain?**
Stevens V.K., Bernard E., Willems T., Van Tiggelen D., Perneel C., Danneels L. (Belgium)
- P40** **The potential role of MTHFR gene mutation in chronic back pain - 10 year follow-up study**
Wysocki R. (Poland)



Surgery

- P41** **Validating a novel VR/AR spinal surgical simulator with focus on physics-based force feedback**
Alkadri S., Del Maestro R., Driscoll M. (Canada)
- P42** **Alteration in back muscle strength and trunk flexion range of motion before and after transforaminal full-endoscopic spine surgery**
Koizumi R., Sugiyama H., Sato K., Dezawa A., Narita T. (Japan)
- P43** **Poor outcomes of sacroiliac joint arthrodesis for presumed sacroiliitis in spondylarthropathy: A report of two cases**
Kurosawa D., Murakami E. (Japan)
- P44** **Investigation for cage subsidence after oblique lumbar interbody fusion**
Morita M., Nakamura H. (Japan)
- P45** **Sacro-tuberous ligament pain in patients who underwent sacroiliac joint arthrodesis: Incidence and management of post-surgical lower-buttock pain**
Sasaki T., Kurosawa D., Murakami E. (Japan)
- P46** **Functional assessment of patients with sacroiliac joint disorder using the Denver SI-Joint Questionnaire**
Sasaki T., Kurosawa D., Murakami E. (Japan)
- P47** **Changes in back muscle strength and trunk flexion range of motion before and after interlaminar full-endoscopic spine surgery**
Sugiyama H., Narita T., Sato K., Koizumi R., Dezawa A. (Japan)



Poster Tour 2 – Friday 3 November

Advances in technology

- P48** **Effect of electromyographic activity using capacitive and resistive electric transfer on non-specific chronic low back pain**
Wachi M., Jiroumaru T., Satonaka A., Ikeya M., Oka Y., Fujikawa T. (Japan)

Education and behavioural therapies

- P49** **A multidisciplinary treatment focused on stress to reduce pain in persons with chronic widespread pain**
Bergenheim A., Ho-Henriksson C.M., Grimby Ekman A., Larsson M.E.H., Larsson A., Persson M., Weineland S., Nordeman L. (Sweden)
- P50** **Women, ergonomics and back disorder, it's not just diapers that need changing**
Stewart A.J. (Australia)

Exercise

- P51** **Hand-held dynamometry is a reliable, valid, and clinically useful tool to evaluate trunk muscle strength in people with and without chronic non-specific low back pain**
Althobaiti S., Falla D. (UK & Saudi Arabia)
- P52** **The displacement of the lumbar COR as an objective index in assessing the effect of stabilizing exercises in patients with lumbar segmental instability**
Javadian Y., Akbari M., Talebi G.H., Taghipour M., Behtash H., Jafarpour H. (Iran)
- P53** **Reliability of the postural sway using accelerator during the one-hand push-up hold test**
Koyama T., Yaginuma T., Takahashi M., Noguchi T., Matsuda T., Nitta O. (Japan)



- P54** **Characteristics of electromyographic activity during yoga-applied lumbar stabilization exercise**
Okubo Y., Morikami T., Uebayashi K., Motohashi E. (Japan)
- P55** **Exercise for improving lateral abdominal muscle impairments: A feasibility study protocol**
Prentice C.L.S., Massy-Westropp N., Milanese S., Flavell C. (Australia)
- P56** **Active Straight Leg Raising (ASLR) competence improves with reverse-ASLR exercises and not repeating ASLR exercises: An assessor blinded, randomized controlled trial**
Takasaki H. (Japan)
- P57** **Is fatty infiltration in paraspinal muscles reversible with exercise in people with low back pain? A systematic review**
Wesselink E.O., Pool J.J.M., Mollema J., Weber II K.A., Elliott J.M., Coppieters M.W., Pool-Goudzwaard A.L. (The Netherlands, USA & Australia)

Fascia in lumbopelvic pain and stability

- P58** **Improvements in functional status following manual interventions oriented to fascia in patients with chronic pelvic pain syndrome: A multiple baseline design clinical series**
Dal Farra F., Origo D., Colombo G., Di Modugno M., Giacconi G., Lanzani B. (Italy)
- P59** **The role of musculoskeletal ultrasound in the evaluation of lumbar fascia – A systematic review**
Loh K.J., Wee T.C. (Singapore)
- P60** **Treating sacroiliac joint pain away from the site of pain**
Williams J.R.E. (Australia)



Pelvic girdle pain

- P61** **Pregnancy and lactation associated osteoporosis (PLO) - A clinical “red flag”**
Amit David A. (Israel)
- P62** **Patient engagement in research and professional development in pelvic girdle pain**
Bolstad V.H., Lunestad A.T. (Norway)
- P63** **Classification systems for chronic pelvic pain in men: A systematic review**
Cyr M.P., Nahon I., Worman R., Cowley D., Hodges P.W. (Australia)
- P64** **Comparisons of the STaRT MSK tool to PROMIS-10 mental and physical health and international hip outcome tool in patients with hip and pelvic girdle pain in the setting of acetabular hip dysplasia**
Deo P., Cheng J., Leupold O., Trotzky Z., Dela Torre K., Plaskon P., Sink E., Prather H. (USA)
- P65** **Periacetabular osteotomies for acetabular dysplasia – Producing a physiotherapy education tool**
Kermode F., Kerruish G. (Australia)
- P66** **Frequency of potential hip joint disease complications in patients with sacroiliac joint dysfunction**
Kurosawa D., Murakami E., Noguchi M., Sasaki T., Hashimoto K., Aizawa T. (Japan)
- P67** **Frequency of sacroiliac joint dysfunction combination of lumbar intervertebral discs, facet joints, and radiculopathy: A condition that should be called sacroiliac-spine syndrome**
Murakami E., Kurosawa D., Hashimoto K., Aizawa T. (Japan)
- P68** **Femoral nerve mobilising is more than just passive knee bends**
Latimer M.G. (Australia)
- P69** **Consumers’ top ten priorities for future research**
Martinsen A.E., Lunestad A.T. Storheim K. (Norway)



- P70** **Patterns of change in pelvic alignment and their relationship with pelvic girdle pain 12 weeks after childbirth: A prospective study of 11 postpartum cases**
Sakamoto A., Morito T., Watanabe G., Inoue S., Yamasaki M., Iwane N., Masubuchi Y., Muraki K., Kawamichi R., Katayama K., Ogura H., Takeda J., Kumagai H., Gamada K. (Japan)
- P71** **Measuring the abdominal trunk muscle strength in female patients with sacroiliac joint dysfunction and non-specific chronic low back pain using an innovative exercise device**
Sato A., Sasaki T., Kurosawa D., Murakami E. (Japan)
- P72** **Effectiveness of pathological classification of sacroiliac joint disorders in treatment**
Shin J., Matumoto R., Koga T., Koga H. (Japan)

Primary care for low back pain

- P73** **Numerical investigation of intra-abdominal pressure and spinal load-sharing upon the application of an abdominal belt – Preliminary results**
Bernier E., Driscoll M. (Canada)
- P74** **Treatment of a 23-year-old male rugby player suffering a traumatic fall of leading to disabling pelvic pain: A case report**
Blink T., Blum C.L. (USA)
- P75** **Successful outcome of chiropractic care for a 53-year-old female patient previously scheduled for surgery presenting with sacroiliac joint sprain, lumbar spinal stenosis, and somatoemotional considerations**
Blink T., Blum C.L. (USA)
- P76** **Multi-stakeholder engagement and development of a virtual care toolkit for integrated guideline-based low back pain management**
Correale M., Mian-Valiante S., Groe S., Lane K., Rampersaud R. (Canada)



- P77** **Provider confidence with virtual spine examination and preference for care delivery method two years after Covid-19 lockdown restrictions**
Correale M., Soever L., Rampersaud R. (Canada)
- P78** **Thermal therapy and exercises in acute low back pain: Preliminary results of a randomized controlled trial**
Côté-Picard C., Tittley J., Mailloux C., Perreault K., Mercier C., Dionne C.E., Roy J.S., Massé-Alarie H. (Canada)
- P79** **Current physiotherapy assessment and treatment practices for low back pain in Nigeria: A national survey**
Danazumi M.S., Ford J.J., Kaka B., Hahne A.J. (Australia & Nigeria)
- P80** **A group-supervised neuromuscular training program for the treatment of low back pain in military personnel – A randomized controlled trial**
Dupuis F., Perreault K., Maj J. Hébert L., Perron M., Maj Fredette A., Desmeules F., Roy J.S. (Canada)
- P81** **The interdisciplinary team members' experiences to early identify risk factors and practicing teamwork within primary care for patients with musculoskeletal disorders – A focus group study**
Ekhammar A., Bernhardsson S., Holmgren K., Larsson M.E.H. (Sweden)
- P82** **Self-reported outcomes and work participation before and during co-design of a municipal rehabilitation initiative for individuals with long-lasting back problems – A case series**
Kjaer P., Rosborg J.H., Brage K., Junge T., Larsen C.M. (Denmark)
- P83** **Exploring disabling low back pain in older adults who seek chiropractic care: Protocol for a grounded theory study**
Moss K.A., de Luca K.D., Fernandez M., Dane D.E., Moraleida F.R., Salsbury S.A.S., Wong A.Y.L. (Australia, Brazil, USA & Hong Kong)
- P84** **Evaluation of spinal pain patients at chiropractic training institutions implementing the maintain tool: A preliminary study**
Pohlman K.A., Tom L., Boylan P., Graham R., Beckerman B., Morales V., Cerf K., Malaya C., Monier Z., Muller R., Browning A., Stuber K.J., Palmgren P.J., Eklund A. (USA & Sweden)



- P85** **Telemedicine triage and consultation in the era of pandemic: Preliminary results**
Rachevits M., Roberts S., Razmjou H., Yee A., Finkelstein J. (Canada)
- P86** **Development and implementation of an integrative, diagnosis-based Primary Spine Care Pathway at a healthcare university and its academic healthcare centers**
Russell R. (USA)
- P87** **“How do I move this person forward?”: Experiences of physiotherapists delivering cognitive functional therapy for persistent low back pain in a randomised controlled trial**
Simpson P., Holopainen R., Schutze R., O’Sullivan P., Kent P., Smith A. (Australia & Finland)

Self-management/lifestyle interventions

- P88** **Baseline characteristics of patients choosing an intensive lifestyle medicine approach for treatment of spine mediated pain and dysfunction**
Hunt D.M., Martin A.Z., Cheng A.L. (USA)
- P89** **Factors promoting improvements in symptoms and health in women with fibromyalgia and chronic widespread pain - A qualitative interview study**
Juhlin S., Mannerkorpi K., Bergenheim A. (Sweden)
- P90** **Building a lifestyle medicine program to address lifestyle-related chronic disease and coexisting painful musculoskeletal conditions**
Prather H., Cheng A.L., Dwivedi M., Mehta N., Hong B., Putman J., Taverna-Trani A., Cheng J., Hunt D. (USA)
- P91** **Early outcomes of an intensive interprofessional lifestyle medicine pilot program for patients with lumbar spine and musculoskeletal conditions**
Prather H., Goldring A., Suter C., Rose D., Jasphy L., Mehta N., Taverna-Trani A., Cheng J. (USA)



- P92** **Usability and technology acceptance of BACK-to-FIT – A novel digital intervention to promote exercise self-management and physical activity in people with low back pain**
Rarthnayake A.P.S., Sparkes V., Sheeran L. (UK)
- P93** **Body posture while working at a computer, but not working from home, is associated with low back pain**
Snodgrass S.J., Edwards S., Heneghan N.R., Puentedura E.J., James C. (Australia, UK & USA)
- P94** **A novel approach to managing chronic back pain: 4 simple exercises, habit modification and standard manual therapy improves outcomes in ‘right functional scoliosis’**
Solowij V. (Australia)
- P95** **We don’t know what we don’t know: The trouble with domestic childcare equipment**
Stewart A.J. (Australia)