12th Interdisciplinary World Congress on Low Back and Pelvic Girdle pain

PORTO, PORTUGAL
ALFÂNDEGA DO PORTO CONGRESS CENTRE
2-5 NOVEMBER 2026

PROGRAM

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PROGRAM AT A GLANCE

SUNDAY 1st NOV	MONDAY 2nd NOV	TUESDAY 3rd NOV	WEDNESDAY 4th NOV	THURSDAY 5th NOV	FRIDAY 6th NOV
WORKSHOPS	EPIDEMIOLOGY	EXERCISE	THE SACROILIAC JOINT	EDUCATIONAL BEHAVIOURAL & SELF MANAGEMENT	WORKSHOPS
	ANATOMY BIOMECHANICS MOTOR CONTROL	HANDS ON INTERVENTIONS & FASCIAE	SURGERY: DIAGNOSIS & SUBGROUPING	SURGICAL INTERVENTIONS LUMBAR: SURGERY	
	LUNCH	POSTER PRESENTATIONS	POSTER PRESENTATIONS	LUNCH	
	PAIN SCIENCE	PARALLEL SESSIONS III / IV / V: PAIN SCIENCE; ANATOMY, BIOMECH, MOTOR CONTROL; EDUCATIONAL, BEHAVIORAL, LIFESTYLE AND SELF-MANAGEMENT	SURGERY: PARALLEL SESSIONS VI / VII / VIII: DIAGNOSIS AND SUBGROUPING; HANDS-ON; EPIDEMIOLOGY	IMPLEMENTATION, MODELS OF CARE & CLINICAL GUIDELINES: SURGERY; POSTER PRIZES AND CLOSING	
	PARALLEL SESSIONS I / II: IMPLEMENTATION, MODELS OF CARE AND CLINICAL GUIDELINES; EXCERCISE		GALA DINNER		

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PROGRAM CHAIRS

Lieven Danneels, Belgium
Paul Hodges, Australia

SCIENTIFIC COMMITTEE

Hanne Albert, Denmark
Lieven Danneels, Belgium
Jan Hartvigsen, Denmark
Paul Hodges, Australia
Bart Koes, The Netherlands
Robert Schleip, Germany
Carla Stecco, Italy
Bengt Sturesson, Sweden
Jaap Van Dieën, The Netherlands

FACULTY

Hanne Albert, Denmark
Nicole Beamish, Canada
Liedewij Bogaert, Belgium
Andreas Brandl, Germany
Chad Cook, USA
William Cross, USA
Lieven Danneels, Belgium
Caterina Fede, Italy
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Jill Hayden, Canada
Paul Hodges, Australia
Morten Hoegh, Denmark
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Alice Kongsted, Denmark
Jean Charles Le Huec, France
Christine Lin, Australia
Jeffrey Lotz, USA
Paul Jarle Mork, Norway
Jo Nijs, Belgium
David Polly, USA
Heidi Prather, USA
Jonathan Quicke, Australia
Dino Samartzis, USA
Robert Schleip, Germany
Tobias Ludger Schulte, Germany
Carla Stecco, Italy
Bengt Sturesson, Sweden
Jaap Van Dieën, The Netherlands
Andry Vleeming (Honorary), Belgium
Clément Werner, Switzerland
Frances Williams, UK
Rob Wüst, The Netherlands

12th Interdisciplinary World Congress on Low Back and Pelvic Girdle Pain

From the Docks to the Discussion Room

Dear Colleagues,

This November, the **World Congress on Low Back & Pelvic Girdle Pain** returns for its **12th edition**, and for the first time it will be held in Porto, at the Alfândega Congress Centre on the banks of the Douro. It is a building most delegates will only pass through for four days. But it is worth pausing on before the sessions begin, because it says something about what this congress has always tried to do.

The Alfândega was built in the 1860s as Porto's customs house. It was the point through which goods arriving by river, above all the port wine that made the city's name, were received, assessed, catalogued, and sent onward into the world. The building still carries that history in its bones. The old railway tracks that once carried cargo from the riverbank are set into its floors. Its meeting rooms are named for what they once were: the Archive Hall, the Noble Hall, the Despachantes Hall, where customs agents once coordinated the transit of goods leaving the city.

It is not a stretch to see our own work in that. Every three years, this congress brings together the latest evidence on low back and pelvic girdle pain, and for four days that evidence is examined, questioned, and weighed against clinical experience before delegates carry it back out to their own practices, in their own countries. The building does not need our metaphor to be interesting, but it is a fitting place to be doing this particular work.

That process of sharing research and translating the clinical relevance is where this year's program places its emphasis. It is one thing to present new findings on motor control, fascia, or pain mechanisms; it is another to ask, in the same room, what a clinician is meant to do differently on Monday morning because of them. That is a harder conversation, and a slower one, but it is the one that determines whether research changes how patients are actually treated.

This year's faculty were chosen deliberately for the breadth of expertise they bring across rehabilitation, pain science, biomechanics, fascia research, and clinical practice. We have allocated time in the program to hold that conversation directly, so that here in Porto, the research will be shared, discussed, and sent back out into clinical practice around the world.

We hope you will take a few hours after the program, to walk the beautiful streets of this city. Sit by the water and enjoy the food, the wine and its long-standing character as a place shaped by exchange with the wider world.

A warm welcome,

Professor Lieven Danneels & Professor Paul Hodges
Program Chairmen

ENDORSING ORGANIZATIONS

APOA Asia Pacific Orthopaedic Association
Asia-Oceanian Society of physical and Rehabilitation Medicine (AOSPRM)
Associação Brasileira de Fisioterapia Traumato-Ortopédica e Fisioterapia em Reumatologia
Associação Portuguesa de Fisioterapeutas (APFISIO)
Australian Association Musculoskeletal Medicine
Australasian College of Sports Physicians
AXXON Belgium Physiotherapy Association
Belgian Back Society
Belgium Chiropractors Union
Belgische Vereniging van Chiropractors (BVC)
Chiropractic Association of Ireland (European chiro ass.)
Chiropractic Association of South Africa
Danish Musculoskeletal Physiotherapy Ass. DMPA
Department of Rehabilitation, Sciences and Physiotherapy, Universiteit Gent
Exercise & Sports Science Australia (ESSA)
Fascia Research Society
Finland Chiropractic Union
IFOMPT, International Federation of Orthopaedic Manipulative Physical Therapists
International Federation for Manual and Musculoskeletal Medicine
Keurmerk Fysiotherapie
Manual Therapy Association Belgium (MATHERA)
McKenzie Institute international
MYOPAIN Seminars
Netherlands Chiropractic Association
New Zealand Chiropractors Association
New Zealand Manipulative Physiotherapist Association (NZMPA)
Osteopathie.be
Physiotherapy New Zealand
SOMTY Finnish Association of Orthopaedic Manual Therapists
Swedish Naprapathic Association
The Norwegian Manual Therapist Association (Norsk Manuellterapeutforening)
Osteopaths New Zealand

SCIENTIFIC PROGRAM

Sunday, November 1st

17.30 - 18.30 **Pre-Registration**
17.30 - 18.30 **Welcome Reception** NOBLE HALL

Monday, November 2nd

07.00 **Registration open**

08.25 **Welcome**
Paul Hodges & Lieven Danneels

MAIN SESSION ARCHIVE HALL

Epidemiology
Moderator: Jan Hartvigsen

08.30 **Introduction**
Jan Hartvigsen

08.35 **The AID-Spine Study: Principal findings and lessons learned from large-scale real-world data on trajectories and outcomes of spinal disorders; AI-based prognostic modelling and clinical decision support**
Margreth Grotle

08.55 **What should we measure, and when? Operationalizing the BACPAC model for clinical decision-making in cLBP**
Jeffrey Lotz

09.15 **Prognostic factors of high healthcare utilization costs among people with spinal disorders**
Daniel Feller

09.25 **Sex-specific effects of interventions for low back pain and osteoarthritis**
Alessandra Marcelo

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09.35 **Discussion**

10.15 Morning Break

Anatomy, biomechanics, and motor control
Moderator: Jaap van Dieën

10.45 **Introduction**
Jaap van Dieën

10.50 **The multifidus and beyond: Understanding, assessing, and targeting back muscle dysfunction in low back pain**
Lieven Danneels

11.10 **From MRI to molecular muscle biology: Skeletal muscle metabolism in chronic low back pain**
Rob Wüst

11.30 **Lower lumbar erector spinae activation in acute low back pain as an etiological factor for long-term disability**
Hugo Massé-Alarie

11.40 **Reliability of three-dimensional freehand ultrasonography to measure erector spinae muscle volume: A preliminary analysis**
Vasiliki Karagiannopoulou

11.50 **Discussion**

12.30 Lunch Break

MAIN SESSION ARCHIVE HALL

Pain science
Moderator: Paul Hodges

13.30 **Introduction**
Paul Hodges

13.35 **Nociceptive, neuropathic, and nociplastic pain: What are they, how can we discriminate between them, and can they guide better treatment for back and pelvic pain**
Paul Hodges

13.55 **Using pain descriptors to guide treamtment for back and pelvic pain: The counter argument**
Morton Hoegh

14.15 **Pain processing relates to inspiratory muscle function and is moderated by anxiety and depression in chronic nonspecific low back pain**
Sim Klaps

14.25 **Can pain self-efficacy mediate the influence of pain intensity on outcomes for patients with musculoskeletal pain? A prospective mediation analysis with 12 months follow-up**
Monica Unsgaard-Tøndel

14.35 **Discussion**

15.15 Afternoon Break

15.45 **Parallel sessions I, II (see page 23)**

Parallel session I: Exercise
Parallel session II: Implementation, models of care, clinical guidelines

17.30 Closure

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Tuesday, November 3rd

MAIN SESSION **ARCHIVE HALL**

Exercise interventions
Moderator: Lieven Danneels

08.25 **Introduction**
Lieven Danneels

08.30 **The effectiveness of exercise for treatment of chronic low back pain: Current evidence from randomized controlled trials**
Jill Hayden

08.55 **The role of walking in prevention and management of back pain**
Paul Mork

09.20 **Not just sets and reps: Exercise and clinical decision-making for postpartum pelvic girdle pain**
Nicole Beamish

09.45 **Discussion**

10.10 Morning Break

Hands-on interventions and fasciae
Moderators: Carla Stecco & Robert Schleip

10.40 **Introduction**
Carla Stecco & Robert Schleip

10.45 **Mechanisms and effectiveness of manual therapies**
Chad Cook

11.05 **How stress changes the function of fascia - A look at fascia through the psychoneurobiomechanical lens**
Andreas Brandl

11.25	**Alterations in the thoracolumbar fascia in degenerative spinal disease: From microscopic evidence to in vivo correlates** Caterina Fede
11.45	**A novel "Inflammation-preserving" treatment promoting lumbar disc herniation resorption in symptomatic patients** Hanne Albert
11.55	**Discussion**
12.25	Lunch Break & Poster Presentations
13.40	**Parallel sessions III, IV, V (see page 25)** Parallel session III: Anatomy, biomechanics and motor control Parallel session IV: Educational, behavioural, lifestyle and self-management interventions Parallel session V: Pain science
15.25	Afternoon Break
15.55	**Continuation of parallel session III, IV, V**
17.00 - 17.20	**Discussion and Closure of parallel sessions**

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Wednesday, November 4th

MAIN SESSION **ARCHIVE HALL**

The Sacroiliac Joint - Current Concept on Diagnosis and Treatment

Moderators: Bengt Sturesson & Clément Werner

08.30	**Introduction** Bengt Sturesson & Clément Werner
08.35	**Primary sacroiliac joint fusion: Where are we now?** David Polly
08.55	**Understanding the importance of the ability to take load in the diagnostic process with reference to sacroiliac joint movements** Bengt Sturesson
09.15	**Management of sacroiliac joint pain: Opinion on nonoperative and postoperative care** Heidi Prather
09.35	**Endoscopic neuroablation for sacroiliac joint pain - An adjunct procedure** Clément Werner
09.50	**Discussion**
10.15	Morning Break
10.45	**Parallel Surgery Program in cooperation with SIMEG (see page 18)**

Diagnosis and Subgrouping

Moderator: Hanne Albert

10.45	**Introduction** Hanne Albert

10.50	**Microbiome and the spine** Dino Samartzis
11.20	**The use of omics to understand chronic back pain** Frances Williams
11.50	**Genetic divergence between depressive and non-depressive subtypes of chronic low back pain** Amy Martinsen
12.00	**Multidimensional phenotyping of chronic non-specific low back pain: Integrating clinical measures and wearable-based trunk motion analysis** Fulvio Dal Farra
12.10	**Discussion**
12.30	Lunch Break and Poster Presentations
13.45	**Parallel Surgery Program in cooperation with SIMEG - (see page 19)**
13.45	**Parallel sessions VI, VII, VIII (see page 32)** Parallel session VI: Diagnosis and subgrouping Parallel session VII: Hands-on interventions and fasciae Parallel session VIII: Epidemiology
15.30	Afternoon Break
16.00	**Continuation of parallel Surgery Program in cooperation with SIMEG (see page 20)**
16.00	**Continuation of parallel session VI, VII, VIII**
16.30 - 17.15	**Closure**
19.00 - 23.30	**Gala Dinner at the Palácio da Bolsa**

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Thursday, November 5th

MAIN SESSION **ARCHIVE HALL**

Educational, behavioural, lifestyle and self-management interventions
Moderator: Jan Hartvigsen

08.45	**Introduction** Jan Hartvigsen
08.50	**Putting back pain to sleep: Why & how to integrate sleep training in the treatment of chronic low back pain** Jo Nijs
09.15	**Person-centered care to support self-management** Alice Kongsted
09.40	**Comparison of physical therapy and cognitive behavioral therapy for persons with chronic low back pain: The OPTIMIZE trial** Julie Fritz
09.50	**TEXT4myBACK: A text message intervention to support self-management of low back pain - A randomised controlled trial** Manuela Ferreira
10.00	**Discussion**
10.30	Morning Break

Surgical interventions - spine

Moderators: Bengt Sturesson & David Polly

11.00 **Introduction**
Bengt Sturesson & David Polly

11.05 **Bedrock sacroiliac fixation in scoliosis surgery**
Jean Charles Le Huec

11.25 **Comparison of clinical and radiological outcomes of percutaneous endoscopic decompression for stenosis associated with degenerative lumbar scoliosis between different scoliosis curve severity**
Chaiyaporn Siramanakul

11.45 **Bertolotti's syndrome - Treatment**
Tobias Schulte

12.05 **Current evidence and best-practice recommendations for rehabilitation of lumbar fusion surgery**
Liedewij Bogaert

12.25 **Discussion**

12.45 Lunch Break

MAIN SESSION — ARCHIVE HALL

Implementation, models of care, clinical guidelines

Moderator: Bart Koes

13.45 **Introduction**
Bart Koes

13.50 **Rethinking pain medicines:**
Lessons from Opioid De-implementation
Christine Lin

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14.15 **Efficacy-to-effectiveness design in RCTs matters: Implications for reporting, clinical guidelines and intervention implementation**
Jonathan Quicke

14.40 **Development of a multilevel intervention to improve the integration of a new clinical pathway for low back pain in primary care**
Guillaume Christe

14.50 **Effectiveness and cost-effectiveness of a coordinated support system linking patients to a public lifestyle service compared with usual care following discharge from treatment for patients with chronic low back pain (The Get Back to Healthy trial)**
Paulo Ferreira

15.00 **Discussion**

15.30 Closing Ceremony & Prizes

15.45 Closure

Wednesday, November 4th

Main Session: The Sacroiliac Joint - Current Concept on Diagnosis and Treatment

08.30 See main program (see page 13)

SURGERY PROGRAM IN COOPERATION WITH SIMEG **D. MARIA HALL**

Diagnostics

Moderators: Woodie Cross & Jeff Donner

10.45 **Introduction**
Woodie Cross & Jeff Donner

10.50 **Diagnostic Injections**
Daisuke Kurosawa

11.00 **Visualisation of symptoms using pictographs to distinguish sacroiliac joint disorder from lumbar spine disease**
Asagi Sato

11.10 **Neurovascular anatomy and the SIJ fusion**
John Stark

11.20 **Prerequisites for surgical treatments**
Jeff Donner

11.30 **How to avoid complications in SI joint surgery: The effect of 3D virtual surgical planning**
Jorm Nellensteijn

11.50 **Imaging of the SI joints and lumbosacral variants**
Mika Nevalainen

12.10 **Discussion**

12.30 Lunch Break

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Treatment I

Moderators: Clément Werner & David Polly

13.45 **Introduction**
Clément Werner and David Polly

13.50 **Overview of surgical treatments**
William Cross III

14.00 **Posterior sacroiliac joint fusion surgery using transarticular cylindrical cages, combining posterior instrumentation**
Daisuke Kurosawa

14.10 **Evaluation of 261 SI-joint fusion procedures on 213 patients between 2010 and 2023 using the DIANA-technique and the I-Fuse technique**
Michael Schaefer

14.20 **Triangular titanium implants for sacroiliac joint fusion - A retrospective cohort study**
Nikolai Rainov

14.30 **A novel patient-specific guide with radiopaque alignment for minimally invasive sacroliac joint fusion without bone seating: A case series**
Nick Kampkuiper

14.40 **Preoperative 3D planned S1 bony corridors allow for safe implant placement, transferred fluoroscopic intraoperative imaging**
Franz Dally

14.50 **Comparison of the effects of peri-neural hydro-dissection versus local anaesthetic corticosteroid injection in superior cluneal nerve impingement in patients with low back pain: A prospective controlled trial**
Jennifer Saunders

15.00 **Discussion**

15.20 Afternoon Break

Treatment II
Moderators: David Polly & Bengt Sturesson

16.00 **Introduction**
David Polly & Bengt Sturesson

16.05 **Effects of the Kaneuji method of pelvic mobilisation for sacroiliac joint dysfunction**
Yusuke Sanji

16.15 **Hip-SIJ-syndrome**
Ayumi Kaneuji

16.25 **Poster Session (see page 52)**
Moderators: Clément Werner & Bengt Sturesson

17.05 **Presentation SIMEG**
Martin Blay

17.15 - 17.55 **Members Meeting**

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Thursday, November 5th

SURGERY PROGRAM IN COOPERATION WITH SIMEG D. MARIA HALL
PARALLEL SESSIONS

Anatomic variation - Differential diagnosis
Moderators: Daisuke Kurosawa & William Cross III

08.30 **Introduction**
Daisuke Kurosawa & William Cross III

08.35 **Lumbosacral transitional anatomy and SI joint variants**
Niels Hammer

08.50 **The frequency of abnormal sacroliac joint magnetic resonance imaging in subjects presenting with chronic back pain to a chiropractic clinic**
Robb Russell

09.00 **Bertolotti's syndrome - Anatomy**
Tobias Schulte

09.10 **Discussion**

Complications and solutions

09.20 **Revisions**
Woodie Cross

09.40 **Revisions**
David Polly

10.00 **Stand-alone sacroiliac-joint fusion as a novel treatment approach for arthritis of the pubic symphysis**
Franz Dally

10.10 **Discussion**

10.30 Morning Break

Main Session: Surgical interventions - Spine

11.00 See main program (see page 16)

12.45 Lunch Break

Varia

Moderators: Clément Werner & Bengt Sturesson

13.45 **Introduction**
Clément Werner & Bengt Sturesson

13.50 **The future of sacroiliac joint care: Beyond the sacroiliac joint**
Marie Inoue

13.53 **Future directions in hip–sacroiliac syndrome research: A young orthopaedic surgeon's perspective**
Ryusei Shimizu

13.56 **Hyperlaxity / Ehlers Danlos syndrome**
Pierre D'Hemecourt

14.06 **Uniportal endoscopic management in piriformis syndrome**
Pornpavit Sriphirom

14.16 **Differential diagnosis of posterior buttock pain: A conceptual review based on topographic localisation of pain, is it really the sacroliac joint?**
Carlton Reckling

14.26 **Concomitant sacroiliac and lumbosacral spinal fusion for adult spinal degenerative disease: A randomized trial-preliminary report**
Arjun Sebastian

14.36 **Discussion**

14.45 **Closing Remarks**

15.30 Closing Ceremony & Prizes in the Archive Hall

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Parallel Sessions - Monday November 2nd

Parallel session I: Exercise — ARCHIVE HALL

Moderator: Lieven Danneels

15.45 **Introduction**

15.50 **Group-based exercise reduces pain and disability and improves other outcomes in older people with chronic nonspecific low back pain: The ESCAPE randomised trial**
Vicinius Cunha de Oliveira

16.00 **Machine-based trunk muscle strengthening in the prevention of low back pain in active nurses aged 45+: Results of a randomized controlled feasibility study**
Gerold Ebenbichler

16.10 **Multimodal whole-body high-intensity training to improve inspiratory muscle function in persons with chronic nonspecific low back pain**
Sim Klaps

16.20 **Evaluation of a clinical care pathway for patients with chronic low back pain: Correlations between outcome parameters and predictive factors for therapy success**
Veerle Stevens

16.30 **Return to work and cost-effectiveness: A comparison of two multidisciplinary rehabilitation programs and usual care for people with low back pain in Belgium**
Lisa Bernaers

16.40 **Comparing the effects of specific skilled motor training and non-specific extension training on movement control and lumbar spine proprioception in patients with recurrent low back pain**
Nore Dekoninck

16.50 **Personalized versus non-personalized exercise programs for physical functioning in non-specific low back pain: From feasibility study to large-scale randomized controlled trial**
Andrea Aegerter

17.00 **Efficacy of specific skilled motor control versus general exercise training on lumbar muscle structure and function: An MRI study in patients with recurrent low back pain**
Hannes Meirezonne

17.10 **Discussion**

INFANTE HALL

Parallel session II: Implementation, model of care, clinical guidelines
Moderator: Bart Koes

15.45 **Introduction**

15.50 **Implementation outcomes, frameworks, and study designs of studies assessing the implementation of low back pain interventions: A scoping review**
Luciana Macedo

16.00 **Translating trust: Why Evidence struggles to shape musculoskeletal health care and surgical practice in Australia**
Josephine Yu

16.10 **Who participates in randomised controlled trials evaluating physiotherapy interventions for persistent low back pain? A scoping review**
Christopher Newton

16.20 **Improving the accuracy of triage in a tertiary outpatient neurosurgery service: Use of a standardised tool to triage patients with spine pain**
Jennifer Maciel

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16.30 **Patient and clinician-related factors associated with the reduction in opioid use among adults with chronic non-cancer pain: A systematic review**
Alessandra Marcelo

16.40 **Top research needs in pregnancy-related pelvic girdle pain: Recommendations from a Nowegian priority setting partnership**
Amy Martinsen

16.50 **The STOPS Journey: From a single Australian trial to global implementation of individualised physiotherapy for chronic low back pain**
Jon Ford

17.00 **Discussion**

Parallel Sessions - Tuesday November 3rd

Parallel session III: Anatomy, biomechanics & motor control
INFANTE HALL
Moderator: Jaap van Dieën

13.40 **Introduction**

13.45 **Does hip and lumbar spine pain relate to physiological characteristics in young elite female gymnasts**
Nili Steinberg

13.55 **How low back pain evolves: A longitudinal cohort study with a multidimensional perspective**
Arlene von Aesch

14.05 **Human fascia as a sex hormones-responsive tissue: Insights into matrix remodeling and pain**
Caterina Fede

14.15 **Menstrual cycle–related changes in thoracolumbar fascia thickness and echogenicity in females with low back pain**
Claire Boucher

14.25 **The effects of lumbar delayed onset muscle soreness on clinical, biomechanical and neuromuscular outcomes: A systematic review and meta-analysis**
Julien Ducas

14.35 **Finite element evaluation of the contribution of thoracolumbar fascia morphology to passive and active spinal stability**
Mark Driscoll

14.45 **Predicting low back pain incidence from measures of pain-related fear and lifting biomechanics using supervised machine learning**
Christian Bangerter

14.55 **The effects of emotions on physical complaints, postural control, and respiration in individuals with and without chronic non specific low back pain**
Sofie Van Wesemael

15.05 **Smartphone-embedded inertial sensing reveals postural control alterations in low back pain not detected in motion capture or centre of pressure**
Niels Brouwer

15.15 **Discussion**

15.25 Afternoon Break

15.55 **The effect of pain intensity on gait rhythmicity in non-specific low back pain**
Victor Munoz-Martel

16.05 **Influence of fascial adhesions and surgical incisions on the mechanical function of the thoracolumbar fascia**
Mark Driscoll

16.15 **Late-pregnancy lumbopelvic motor control and obstetric loading predict postpartum LBPGP: A prospective observational study**
Yi-Tung Chen

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16.25 **Thoracolumbar fascia morphology of people with and without lower back pain: A large-scale observational ultrasound study**
Kyra De Coninck

16.35 **People with acute low back pain display an impaired spinal movement strategy during a functional activity similar to people with chronic LBP**
Linda van Dillen

16.45 **Basic measurement properties of new thoracolumbar movement control tests**
Christophe Demoulin

16.55 **Convergent validity of two clinical tests for assessing lumbar multifidus activation in patients with recurrent low back pain in remission**
Michiel Brandt

17.05 **Discussion**

D. MARIA HALL

Parallel session IV: Educational, Behavioral, lifestyle and self-management interventions
Moderator: Jan Hartvigsen

13.40 **Introduction**

13.45 **“It takes a back-breaking effort” - Patients’ experiences of physical activity while suffering from non-specific low back pain**
Linn Mattsson

13.55 **The acceptability of the STructured Rehabilitation and InDividulaised Exercise and education (STRIDE) programme for lumbar spinal stenosis: A multi-methods feasibility study**
Suzanne McIlroy

14.05 **Contributors to adherence to exercise therapy in non-specific chronic low back pain: A systematic review of qualitative and quantitative research**
Iris Meuwissen

14.15 **Effects of pain science education prior to exercise therapy on self-efficacy and fear-avoidance in individuals with nonspecific chronic low back pain**
Iris Meuwissen

14.25 **The design and development of The Musculoskeletal Health Australia Help Line to deliver best-practice community care for low back pain through national help line**
Katharine Roberts

14.35 **Cost-effectiveness of recommended interventions to manage people with low back pain - A systematic review of cost effectiveness studies**
Manuela Ferreira

14.45 **Adaptive trials to advance musculoskeletal health research: A landscape analysis of ClinicalTrials.gov**
Anelise Moreti Cabral Silveira

14.55 **Evidence-based video interventions for low back pain management: Findings from the HELP and ONLINE HELP trials**
Riyaas Mohamed

15.05 **Discussion**

15.25 Afternoon Break

15.55 **The impact of positive lifestyle behaviours on direct healthcare cost savings for low back pain**
Ye Tian

16.05 **A pilot randomized controlled trial comparing online acceptance and commitment therapy plus exercise to patient education plus exercise for chronic low back pain in older adults**
Arnold Wong

16.15 **Breaking the cycle of persistent low back pain, health inequalities and multimorbidity: A UK NHS cohort study of cognitive functional therapy**
Christopher Newton

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16.25 **Effects of minimal intervention of patient education on psychosocial outcomes for patients with low back pain: A systematic review**
Luís Gomes

16.35 **The My Back Exercise App trial: Interim results from an adaptive, multi-arm multi-stage randomised controlled trial**
Anelise Moreti Cabral Silveira

16.45 **Discussion**

Parallel session V: Pain science **ARCHIVE HALL**
Moderator: Paul Hodges

13.40 **Introduction**

13.45 **The influence of the first encounter with a physiotherapist on health and illness beliefs on pregnancy relating pelvic girdle pain - A longitudinal interpretative phenomenological analysis in primiparous women in The Netherlands**
Esther van Benten

13.55 **Psychological risk factors for pregnancy-related lumbopelvic pain across preconception, prenatal, and postpartum stages: A systematic review**
Myrthe Gregoor

14.05 **Efficacy and effectiveness of melatonin for the management of musculoskeletal pain: A systematic review and meta-analysis of placebo and active controlled trials**
Kangchao Wu

14.15 **Task- and context-specific fear of movement in pregnancy-related lumbopelvic pain: A study protocol**
Eline Peuskens

14.25 **Longitudinal analysis of fear-avoidance beliefs and pain in acute low back pain**
Vanessa Lanier

14.35 **The potential role of mast cell activation syndrome and neuro-inflammatory mechanisms in patients with chronic low back pain in the context of symptomatic hypermobility such as Ehlers-Danlos syndrome and hypermobility spectrum disorders**
Rafal Wysocki

14.45 **Investigation of the economic burden, health-related quality of life, and quality-adjusted life years in patients with chronic lumbar spine pain**
Panagiotis Doukas

14.55 **Discussion**

15.25 Afternoon Break

15.55 **Altered brain activation during task-evoked back pain in chronic low back pain: An fMRI study**
Casper Vananderoye

16.05 **Beliefs about back pain in Germany - A mixed-methods online-survey**
Deborah Jost

16.15 **Effects of persistent sleep disturbance on pain behaviours and neuroimmune signalling following intervertebral disc injury**
David Klyne

16.25 **When pain gets under the skin: Autonomic dysregulation is associated with altered pain processing in chronic low back pain**
Timo Meus

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16.35 **Individuals with chronic non-specific low back pain display inadequate recovery in PetCO2 after a hyperventilation provocation task compared to healthy individuals**
Sofie Van Wesemael

16.45 **Which exercise for low back pain? (WELBack) trial predicting response to exercise treatments for patients with low back pain: A validation randomized controlled trial**
Luciana Macedo

16.55 **“Unveiling the flow: How cerebrospinal fluid dynamics impacts (symptomatic) Tarlov cysts and resultant neuropathic pain syndromes**
Ricky Rasschaert

17.05 **Discussion**

Parallel Sessions - Wednesday, November 4th

Parallel session VI: Diagnosis and subgrouping — **INFANTE HALL**
Moderator: Hanne Albert

13.45 **Introduction**

13.50 **Diagnostic accuracy of patient history and clinical examination tests in the diagnosis of lumbar foraminal stenosis: Systematic review and meta-analysis**
Harald Ekedahl

14.00 **Performance of referral strategies for patients with suspected axial spondyloarthritis: A systematic review**
Daniel Feller

14.10 **Reliability of lumbar spine movement control tests in healthy subjects**
Haruki Ito

14.20 **The relationship between core function and the LD test which is one of the most useful methods to evaluate the Latissimus Dorsi tightness**
Yasunari Fujii

14.30 **Impact of chronification risk on physical and psychosocial measures in back pain patients**
Thomas Kienbacher

14.40 **Defining chronic low back pain: Should we include the number of pain days?**
Thomas Matheve

14.50 **Psychological stratification of chronic low back pain in fibromyalgia using principal component analysis**
Sebastián Eustaquio Martín-Pérez

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15.00 **STOPS approach to individualised physiotherapy versus usual physiotherapy care for chronic low back pain in India: A randomised controlled trial**
Jon Ford

15.10 **Diagnostic algorithm for vertebral compression fractures caused by pregnancy and Lactation associated Osteoporosis (PLO) presenting as Pelvic Girdle Pain (PGP)**
Adi Amit David

15.20 **Discussion**

15.30 Afternoon Break

16.00 **Heredity of pregnancy-related pelvic girdle pain in Sweden**
Per Kristiansson

16.10 **Prediction of pregnancy-related lumbosacral pain in late pregnancy among women free of pain before current pregnancy - A longitudinal prospective inception cohort study**
Per Kristiansson

16.20 **Severity of diastasis recti abdominis and association with lumbo-pelvic pain in multiparous women**
Sara Borges

16.30 **Exploring the link between generalised joint mobility and onset of pelvic girdle in pregnancy**
Per Kristiansson

16.40 **The presence of abnormal palpatory findings in the sacrococcygeal area is correlated with chronic pelvic pain: A cross-sectional study**
Daniele Origo

16.50 **Development, validation and practical application of the 4-factor questionnaire OCI-PGP in physiotherapy**
Cecile Röst

17.00 **Discussion**

Parallel session VII: Hands-on interventions and fasciae — **ARCHIVE HALL**
Moderators: Carla Stecco & Robert Schleip

13.45 **Introduction**

13.50 **Defining HODA-A for MSK manual assessment: A COSMIN informed framework and preliminary measuement evaluation**
Jo Abbott

14.00 **The effectiveness of movement control exercises and fascial manipulation on disability for chronic low back pain - A randomized controlled trial**
Peetu Robert Rytkönen

14.10 **Benefits of fascia therapy in the physiotherapy management of chronic low back pain: A randomized cluster trial**
Isabelle Bertrand

14.20 **Effects of instrument-assisted manual therapy of the lower back on hamstring flexibility and thoracolumbar fascia mobility in healthy female soccer players**
Robert Schleip

14.30 **Sacro occipital technique assessment and treatment of two patients pre and post bilateral hip replacement surgery and chronic pelvic related pain: Two case reports**
Thomas Bloink

14.40 **Change in symptoms of older adults following chiropractic care: Active surveillance reporting system to identify adverse events**
Martha Funabashi

14.50 **Discussion**

15.20 Afternoon Break

16.00 **Improvement of sacroiliac joint mobility increases golf club head speed: A functional outcome of articular neurological methods**
Yasuhiro Yoshikawa

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16.10 **Effectiveness of fascial manipulation on low back pain: A systematic review and meta-analysis**
Peetu Robert Rytkönen

16.20 **Dry cupping therapy for non-specific chronic low back pain: A prospective, randomized, sham-controlled, single-blind trial**
Mohammadreza Pourahmadi

16.30 **Discussion**

Parallel session VIII: Epidemiology — **D. LUIS HALL**
Moderator: Jan Hartvigsen

13.45 **Introduction**

13.50 **Central sensitization related symptoms as a potential mediator of the association between health behaviours and LBP-related presenteeism in caregivers: A structural equation model**
Teppei Abiko

14.00 **The role of health and illness beliefs in the prognosis of pregnancy-related pelvic girdle pain - A cohort study in primiparous women in The Netherlands**
Esther van Benten

14.10 **Trajectories of pain and key predictors in two years of chronic low back pain: A prospective longitudinal cohort study**
Hugo Massé-Alarie

14.20 **Global trends in risk factors for low back pain - An analysis of the GBD study data from 1990 to 2021**
Katharine Roberts

14.30 **The Influence of CDC opioid guidelines on pain management practices for low back pain in emergency departments: A systematic review and meta-analysis**
Arnold Wong

14.40 **Association of lumbar multifidi activation and fall-related outcomes in older adults with chronic low back pain**
Felix Marechal

14.50 **The relationship between pain and psychological measures among pregnant patients with low back and/or pelvic girdle pain: A preliminary analysis**
Carol Ann Weis

15.00 **Associations between urinary incontinence and low back pain, physical function and pre-frailty in a community dwelling population > 55 years**
Annelies Pool-Goudzwaard

15.10 **Discussion**

15.30 Afternoon Break

16.00 **Low back pain, pelvic girdle pain and lumbopelvic pain during pregnancy - How do different methods for reporting/registering pain influence the prevalence/incidence? A systematic review with meta-analysis**
Hilde Stendal Robinson

16.10 **Low back pain, pelvic girdle pain and lumbopelvic pain post-partum - How do different screening methods for reporting/ registering pain influence the prevalence/incidence? A systematic review (SR) with meta-analysis**
Daniela Aldabe

16.20 **Urinary incontinence and its relationship with health measures in older people living in the community - A longitudinal analysis of the BUTTERFLY study**
Annelies Pool-Goudzwaard

16.30 **Discussion**

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Please note that you can still register for some of the workshops.
Information available at the registration desk.

Location: Eurostars Aliados Hotel: C/ Avda. Dos Aliados 211

Workshops - Sunday November 1st

09.30 - 12.30 VINHO
WS1: Beyond the pelvic floor: An interdisciplinary approach to nociplastic pelvic pain
Speaker: Bert Ameloot DC, Eline De Zutter MD & Cesar Hincapié DC, PhD

13.30 - 16.30 VINHO
WS2: Implementing motor learning principles to improve function in people with low back pain
Speakers: Linda van Dillen & Vanessa Lanier

09.30 - 16.30 RIO
WS3: A comprehensive fascial-oriented treatment model for thoracolumbar dysfunction in low back pain
Speaker: Carla Stecco

09.30 - 16.30 PONTES
WS4: The Hip Grip - Psoas/ Piriformis Balance
Speaker: Thomas Myers

09.30 - 16.30 ARQUITECTURA
WS5: Clinical pilates for lumbo-pelvic pain: An exercise tool within a multimodal approach
Speaker: Ana Rita Cruz

Workshops - Friday November 6th

13.30 - 16.30 PONTES
WS6: How do we classify spinal osteoarthritis?
Speakers: Manuela Ferreira & Jan Hartvigsen

09.00 - 16.30 RIO
WS7: Fascia-informed approaches for low back and pelvic girdle dysfunction & pain: From research to practice
Speakers: Andrezij Pilat & John Starkey

POSTER TOURS

ARCHIVE HALL

POSTER TOUR 1
Tuesday November 3rd
13.00 hrs

POSTER TOUR 2
Wednesday November 4th
13.00 hrs

Poster Tour 1 – Tuesday, November 3rd

Diagnosis and Subgrouping
Poster Tour Leaders: Hanne Albert & Jan Hartvigsen

P1 **Are health science undergraduates associated with low back pain? A 2-year prospective study**
Abbas J., Joubran K. (Israel)

P2 **The association between hip muscles lengthening and low back pain: A cross-sectional study among first-class undergraduates**
Reif N., Abbas J. (Israel)

P3 **From healthy pregnancy to hip replacement: Consequences of delayed diagnosis in Transient Osteoporosis of the Hip (TOH) - Case report**
Amit David A. (Israel)

P4 **AI-assisted ultrasound fractal analysis of muscle and fascial architecture as a quantitative biomarker of trigger points in low back pain**
Bubnov R., Kalika L. (Ukraine & USA)

P5 **Factors associated with improvement following lumbar epidural steroid injections**
Cheng J., Delbert M., Massimi S., Moley P., Prather H. (USA)

P6 **Fibromyalgia-related characteristics, motivation for physical activity and physical capacity in individuals with chronic primary low back pain**
Couëpel B., Marchand A.A., Bernier M., Abboud J., Descarreaux M. (Canada & France)

P7 **Relative differences of psychological, sensory, motor, brain, and tissue domains in low back pain: Multivariate meta-analyses**
Döding R., Donath L., Ehrenbrusthoff K., Frangi J., Schlaffke L., Schmidt H., Junker F., Owen P.J., Saueressig T., Tagliaferri S.D., Vickery S., Belavy D.L. (Germany, Switzerland & Australia)

P8 **Postherpetic neuralgia mimicking lumbar radiculopathy**
Martinez-Santori M., Bauer E., Ekechukwu D., Philip K. (USA)

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P9 **Changes and pain reduction following Mulligan SNAGS in patients with suspected facet joint–related low back pain**
Narita T., Misawa T., McDowel J. (Japan & New Zealand)

P10 **Lumbar multifidus sarcopenia: A missing link in age-related low back pain and a new frontier for AI-driven imaging**
Rahnama L., Rahnama B., Saberi M., Rahnama M., Ostovari A., Saberi Y. (USA & Iran)

P11 **The association of straight leg raise test severity with visual analogue scale, patient specific functional scale, and oswestry disability index in patients with chronic low back pain**
Rytkönen P.R., Särkilahti N., Takatalo J. (Finland)

P12 **Study of spinal motion and its clinical application**
Sood S.C. (India)

P13 **Diagnosing early SpA: A clinical challenge**
Sood S.C. (India)

P14 **Interrater reliability of clinical tests for the lumbar spine in military patients with chronic low back pain**
Siffain C., Moerman L., De Maeseneer E., Wittevrongel Y., Potten C., Perneel C., Stevens V. (Belgium)

P15 **Relationship between disease duration and fracture severity on computed tomography in adolescent lumbar spondylolysis**
Sugiura S., Aoki Y., Takeda T., Toyooka T., Ishizaki T., Shiga T., Omori Y., Okamoto Y., Okuyama K., Inoue M., Inage K., Okamoto Y., Ohtori S., Nishikawa S. (Japan)

P16 **Useful items from existing screening tools to predict future presenteeism among workers with musculoskeletal disorders, and the cumulative risks among workers with low back pain**
Takasaki H. (Japan)

P17 **The association of severity of straight leg raise test with lumbar spine movement control impairment tests – Northern finland birth cohort study 1966 (NFBC1966)**
Takatalo J., Rytkönen P.R., Karppinen J. (Finland)

P18 **ESSOMM international classification for low back pain - First steps of a new project by the European Scientific Society of Manual Medicine (ESSOMM): Developing an international classification for low back pain**
Terrier B., Locher H. (Germany)

P19 **The coexistence of low back pain and lower urinary tract symptoms in men affects physical functioning**
Vredeveld T., Ramaekers S.P.J., Coppieters M.W., Pool-Goudzwaard A.L. (The Netherlands)

Exercise Interventions
Poster Tour Leader: Lieven Danneels

P20 **Experiences and perceptions of older people with chronic low back pain after 8 weeks of a specific group-based exercise: Qualitative analysis of the ESCAPE trial**
Silva H., Silva W.T., Miranda J.P., Xavier D.M., Oliveira M.X., Oliveira V.C. (Brazil)

P21 **Suppressive effects of a novel physical therapy protocol on vertebral collapse progression and lumbar lordosis in osteoporotic vertebral fractures: A prospective intervention study**
Iseki W., Narita T., Katsumata S., Ikezu M., Ishizuka L. (Japan)

P22 **Differences in contractions of the lateral abdominal muscles between sides during active straight leg raise**
Koizumi K., Ota M. (Japan)

P23 **Effects of whole-body vibration-combined abdominal training on lumbar erector spinae stiffness, proprioception, and pain sensitivity**
Miyachi R., Nishimura T., Kanazawa Y., Madokoro S. (Japan)

P24 **Therapeutic exercise in persons with sacroiliac joint dysfunction: A systematic review and meta-analysis**
Ramírez R.C., Ramírez P.C. (Colombia)

P25 **Outcomes of a phase-based rehabilitation protocol following conservative treatment for adolescent lumbar spondylolysis**
Sugiura S., Aoki Y., Takeda T., Toyooka T., Ishizaki T., Tomizawa R., Shiga T., Takata A., Okuyama K., Inoue M., Inage K., Okamoto Y., Ohtori S., Nishikawa S. (Japan)

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P26 **The influence of exercise therapy on work-related outcomes in chronic low back pain: A systematic review**
van Eetvelde J.S., Meus T., Meuwissen I., Roussel N.A., Timmermans A., Meeus M., Verbrugghe J. (Belgium)

Hands-On Interventions
Poster Tour Leader: Robert Schleip

P27 **Sacro Occipital Technique (SOT) chiropractic care for sacroiliac joint instability associated with pregnancy: A case report**
Bloink T., Blum C.L. (USA)

P28 **A 39-year-old male patient presenting with traumatic L4/5 and L5 S1 central disc herniation and stenosis conservatively treated with Sacro Occipital Technique (SOT) chiropractic care: A case report**
Bloink T., Blum C.L. (USA)

P29 **Chronic lower back pain (LBP) and urinary urgency/frequency, treated with Sacro Occipital Technique (SOT) chiropractic and acupuncture: A case report of two male patients**
Benner C.D., Blum C.L., Bloink T. (USA)

P30 **Sacro Occipital Technique (SOT) care of a patient with acute low back pain utilizing R+C factor analysis and orthopedic pelvic block placements: A case report**
Blum C.L., Benner C.D., Bloink T. (USA)

P31 **Chronic refractory adductor tendinitis treated with pelvic blocks/wedges for a chronic severe sacroiliac joint sprain, myofascial release to hip joint capsule, and therapeutic exercises: A case report**
Blum C.L., Benner C.D., Bloink T. (USA)

P32 **Inter-examiner reliability of thoracolumbar and lumbosacral interspinous space identification by palpation**
Demoulin C., Morel J., Provoost E., Grosdent S., Depas Y., Vanderthommen M., Colman D. (Belgium)

P33 **Clinical experience with a pelvic belt**
Nakamura K., Iida F., Imai M., Yamaguchi K., Kaneuji A. (Japan)

P34 **Rehabilitation treatment for patients with post-traumatic deformities of long bones of lower extremities in the long term after trauma**
Staude V., Romanenko K., Radzyshevska Y. (Ukraine)

Pain Science
Poster Tour Leader: Paul Hodges

P35 **Understanding the role of maternal weight, body composition, systemic inflammation, and mental health in pregnancy-related lumbopelvic pain: A study protocol**
Geerits E., Goossens N., Verboven K., Aldabe D., De Baets L., Gyselaers W., Lannoo L. Peuskens E., Geraerts I., Bogaerts A., Janssens L. (Australia & Belgium)

P36 **Stiff fascia, unreliable signals: Are thoracolumbar fascia biomechanics the missing link in proprioceptive impairment in chronic low back pain?**
Fankhauser M., Richiusa L., Frangi J., Suter M., Schweinhardt P., Meier L. (Switzerland)

P37 **Fascial pseudo-compression syndromes: A scoping review on the underrecognized role of connective tissue in neuropathic symptoms relevant to low back and pelvic girdle pain**
Origo D., Dal Farra F. (Italy)

P38 **Comparison between different sensibilities in lumbar spine related to the thoracolumbar fascia in healthy subjects**
Magalhães B.S.N., Leite J.P.P., Ferrolho G.F.G., Ribas J.L.M. (Portugal)

P39 **Persistent postoperative abdominal and hip pain with severe disability requiring wheelchair and crutches: A case of nociplastic pain mediated by fascial peripheral and central sensitization**
Suga K., Prather H. (USA)

P40 **Longitudinal changes in inter-rectus distance and lumbopelvic pain across first and second pregnancies: A case series of three women**
Tanaka S., Narita T., Sato K., Nose-Ogura S. (Japan)

P41 **A protocol for sleep fragmentation in individuals with and without low back pain: Toward understanding effects on pain and neuroinflammation**
Vananderoye C., Van Oudenhove L., Johansson E., De Baets L., Weltens N., Mairesse O., Van Den Bossche M., Coppieters I. (Belgium)

P42 **Change in active straight leg raising and deep squat, not sit-to-stand in patient with recurrent non-specific low back pain**
Lam C.T., Wang S.F. (Taiwan)

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Poster Tour 2 – Wednesday, November 4th

Anatomy, Biomechanics and Motor Control
Poster Tour Leaders: Jaap van Dieën & Carla Stecco

P43 **Pelvic floor muscle function and morphology in pelvic girdle pain: A systematic review**
Rejano-Campo M., Bertuit J. (Spain & Switzerland)

P44 **Test-retest repeatability and agreement of trunk muscle activation using surface and fine-wire electromyography during movement tasks in pain-free persons**
Brandt M., Meirezonne H., Danneels L., Willems T.M., Parlevliet T., Pringels L., Matheve T. (Belgium)

P45 **Convergent validity of the position-reposition and thoracolumbar dissociation tests in patients with recurrent low back pain in remission**
Brandt M., Danneels L., Van Oosterwijck J., Wijnen J., Meirezonne H., Willems T.M., Hodges P.W., Matheve T. (Belgium & Australia)

P46 **Reduced hip and knee flexion during five-times sit-to-stand in degenerative lumbar disease patients**
Chang Y.H., Lai D.M., Wang S.M., Hsu W.L. (Taiwan)

P47 **Smartphone-based spinal movement measurements differentiate individuals with low back pain from asymptomatic controls**
Brouwer N.P., von Aesch A., Cerrito A., Moulin L, Raileanu L.E., Christe G., Schmid S. (Switzerland)

P48 **Gait kinematic alterations in individuals with non-specific low back pain: A systematic review and meta-analysis**
Dal Farra F., Lopomo N., Fascia M., Scalona E., Cerfoglio S., Cimolin V. (Italy)

P49 **Test-retest and interrater reliability of trunk musculature during anticipatory postural adjustments in healthy adults**
Desloovere J., Brandt M., Meirezonne H., Dekoninck N., Matheve T., Danneels L., Willems T.M. (Belgium)

P50 **Postural control and proprioceptive reweighting in women with and without pregnancy-related lumbopelvic pain**
Gregoor M., Aldabe D., Geraerts I., Bogaerts A., De Baets L., Gyselaers W., Goossens N., Janssens L. (Belgium, Australia & UK)

P51 **Neuromuscular control during anterior head translation: An exploratory investigation of flexion-relaxation behavior in the cervical and upper thoracic spine**
Hermeking A., Schleip R. (Germany)

P52 **The lumbar roll may support maintaining an upright posture of the neck during prolonged typing tasks among individuals with neck symptoms: A randomized crossover two-arm experimental study**
Kikkawa K., Takasaki H., Kitamura T., Saito H. (Japan)

P53 **Investigating loading changes in the back and spine following a Caesarean section**
Many A., Driscoll M., Mongrain R. (Canada)

P54 **Side-dependent anisotropy of thoracolumbar fascia thickness in healthy adults: An ultrasound analysis**
Richiusa L., Fankhauser M., Frangi J., Suter M., Schweinhardt P., Meier M.L. (Switzerland)

P55 **Test-retest repeatability and agreement of lumbar muscle activation using electromyography during clinical tests in healthy individuals**
Meirezonne H., Brandt M., Matheve T., Parlevliet T., Pringels L., Danneels L., Willems T.M. (Belgium)

P56 **Is inter-segmental coordination during gait and lifting associated with pain and disability in chronic low back pain?**
Moço D., Moniz-Pereira V., Veloso A., Fernandes R. (Portugal)

P57 **Clinical and gait profile of patients with lumbar disc herniation manifested as acute sciatica versus healthy controls: A case-control study**
Pedroso E., Fernandes R., Cristino N. (Portugal)

P58 **Comparison of trunk neuromuscular characteristics between athletes with and without chronic primary low back pain during a fatigue task**
Prunault C., Marineau E., Descarreaux M., Abboud J. (Canada)

P59 **Associations of pelvic floor muscle elasticity with pelvic alignment and hip flexibility**
Sakamoto A., Egoshi A., Otani A., Nanri A., Mukae A. (Japan)

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P60 **Descriptive analysis of sagittal pelvic range of movement at three different hip flexion angles in healthy individuals: Postural and sex implications**
Vicente-Pina L., Ferrández-Laliena L., Sánchez-Rodríguez R., Müller Thyssen-Uriarte J., Monti-Ballano S., Quintana-Olivares S., Alsina-Labarta R., Hijazo-Larrosa S., Hidalgo-García C., Tricás-Moreno J.M., Lucha-López M.O. (Spain)

P61 **Reference morphology of the abdominal muscles in CT images: A retrospective cross-sectional study**
Weerdmeester E.S., Deerenberg E.B., Hooijmans M.T., van Wingerden J.P. (The Netherlands)

P62 **Examining the dynamic effects of trunk muscle contraction on thoracolumbar fascia in patients with chronic non-specific low back pain**
Wu P., Wang S. (Taiwan)

Educational, Behavorial, Lifestyle and Self-Management Interventions
Poster Tour Leaders: Jan Hartvigsen & Lieven Danneels

P63 **Physiotherapists' perspectives on self-management and manual therapy components for treating women with pregnancy-related pelvic girdle pain**
Aldabe D., Sterritt V., Kennedy J., Ghebrial M., Chan I.T., Woodley S.J., Robinson H.S.(Australia, New Zealand & Norway)

P64 **Quality of life in Adolescents with Idiopathic Scoliosis (AIS): A 12-month follow-up study exploring the impact of psychological distress, joint hypermobility, body mass index (bmi), and physical activity**
Alimam D., Alhafdhi N., Alhumaid L.A., Alamrani S., Shebreen A.B. (Saudi Arabia)

P65 **Perceived educational reassurance, pain intensity, and fear-avoidance: Insights from a secondary analysis of low back pain data**
Alimam D.M. (Saudi Arabia)

P66 **Lifestyle medicine-based preoperative optimization for hip dysplasia: A case description of the *Hip Well* program prior to periacetabular osteotomy**
Cheng J., Leupold O., Belkin J., Greenfield R., Rose D., Suter C., Sink E., Prather H. (USA)

P67 **Early postoperative outcomes of hip and knee arthroplasty following utilization of a Lifestyle Medicine program for preoperative health optimization**
Prather H., Leupold O., Carli A., Gonzalez Della Valle A., Cushner F., Cheng J. (USA)

P68 **Lifestyle factors, outcomes, and adherence in Medicare compared with non-Medicare patients participating in an intensive, interprofessional Lifestyle Medicine program**
Prather H., Mele A., Leupold O., Bradley E., Cheng J. (USA)

P69 **Current practices in multidisciplinary spine rehabilitation centers for chronic low back pain in the Wallonia-Brussels Federation (Belgium**
Demoulin C., Lucas A., Jan M., Vanderthommen M., Kaux J.F., Grosdent S. (Belgium)

P70 **Kinesiophobia - A cause of chronic non-specific low back pain**
Dimitrova V. (Bulgaria)

P71 **Pregnant women's experiences of the digital self-care program *Women-In-Motion* to manage pelvic girdle pain: A qualitative study**
Halvarsson B., Gutke A., Kvist J., Nijs J., Lundberg M. (Sweden & Belgium)

P72 **MyBack Programme - Development of a behaviour change-informed exercise programme to secondary prevention of low back pain**
Pires D., Duarte S, Moniz L., Moço D., Caeiro C., Fernandes R., Cruz E.B. (Portugal)

P73 **Postpartum infant carrying posture and low back pain assessed by a simple AI-based self-check system**
Sakamoto A., Matsunaga Y., Nakano K., Yeoh W.L., Nakano R., Yamaguchi N., Fukuda O., Sato T. (Japan)

P74 **The My Back Exercise App: Exploring usability and adherence to an mHealth strategy in people with chronic low back pain**
Shannon I., Silveira A.M.C., Beckenkamp P.R., Zouch J., Iyer G., Roberts K., Hall M., Ferreira P.H. (Australia)

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P75 **The smallest worthwhile change in physical function expected from smartphone apps for chronic low back pain: A benefit-harm trade-off study**
Silveira A.M.C., Beckenkamp P.R., Hall M., Shannon I., Iyer G., Zouch J, Ferreira M.L., Ferreira P.H. (Australia)

P76 **Moving from hype to hope: Is there an app for my back pain? An umbrella review**
Silveira A.M.C., Beckenkamp P.R., Yu C.H.C., Law T.P., Ferreira P.H. (Australia & China)

P77 **How do people with low back pain spend their day: The impact of disability on 24-hour movement profile**
Tian Y., Roberts K., Sabag A., Hall M., Beckenkamp P., Ahmadi M., Ferreira M., Zouch J., Ferreira P. (Australia)

P78 **Psychosocial factors associated with work ability in non-specific chronic low back pain: A cross-sectional analysis**
van Eetvelde J.S., Meus T., Meuwissen I., Kempeneers K., Meeus M., Roussel N.A., Timmermans A., Verbrugghe J. (Belgium)

P79 **Effect of multidisciplinary rehabilitation for chronic low back and pelvic pain using a waiting list control group**
van Wingerden J.P., van Opstal T. (The Netherlands)

P80 **What are we teaching? A biopsychosocial perspective on patient education for pregnancy-related low back and pelvic girdle pain**
Vesting S., Gutke A., de Baets L. (Sweden & Belgium)

Epidemiology
Poster Tour Leader: Bart Koes

P81 **Insomnia severity and its impact on health-related quality of life and pain in individuals diagnosed with persistent spinal pain: A prospective cohort study**
Gandløse J.S., Vela J., Westermann R., Kristensen S., Newton C., Palsson T.S. (Denmark & UK)

Implementation, Models of Care, Clinical Guidelines
Poster Tour Leaders: Bart Koes & Paul Hodges

P82 **Development of a coordinate system for the human body surface for fascia-oriented assessments**
Brandl A., Makin I.R.S., Duarte L.H., de Coninck K., Wang T., Schleip R. (Germany, USA, Brazil, UK & USA)

P83 **Survey of treatment techniques used by French-speaking physiotherapists in Belgium for spinal disorders**
Demoulin C., Paques R., Andry C., Buggenhout N., Hidalgo B. (Belgium)

P84 **Preventing long-term pain and sickness absence in at-risk patients with musculoskeletal disorders (PREVSAM): 12-month follow-up of a randomised controlled trial**
Larsson M.E.H., Ekhammar A., Grönkvist R., Bornhöft L., Nordeman L., Holmgren K., Grimby-Ekman A., Hensing G., Björkelund C., Bergman S., Dottori M., Bernhardsson S. (Sweden)

P85 **Pain drawing–based analysis of musculoskeletal pain: Long-term results from the PREVSAM randomized controlled trial**
Numanovic P., Ekhammar A., Nordeman L., Bergman S., Grönkvist R., Grimby-Ekman A., Larsson M.E.H. (Sweden)

P87 **Walking with the low back pain patient: A patient journey approach to understanding current LBP management**
Marcelo A., Hilmer S., Mathieson S., Schneider C., Ferreira M. (Australia)

P88 **From pregnancy to three years after: Functioning and physical activity among women treated with physiotherapy for pelvic girdle pain in pregnancy**
Svahn Ekdahl A., Fagevik Olsén M., Gutke A. (Sweden)

P89 **Women's experience of physiotherapy for pelvic girdle pain in pregnancy - A phenomenological study**
Svahn Ekdahl A., Gutke A., Mannerkorpi K., Fagevik Olsén M. (Sweden)

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P90 **Unravelling the environmental impact of low back pain management: Quantifying annual carbon emissions and associated clinical outcomes**
Tian Y., Braybrooke A., Roberts K.E., Hall M., Beckenkamp P.R., Sabag A., Ferreira M.L., Malik A., Hill J.C., Ferreira P.H. (Australia & UK)

P91 **Metabolic lotion of motion**
Trowbridge R. (USA)

P92 **Bridging the gap: Co-producing evidence-based resources for pelvic girdle pain**
Vadøy K., Arentzen M., Brynjelsen N., Lunestad A. (Norway)

P93 **Mind the gap: An implementation gap analysis in low back pain research**
Yu J., Moreti Cabral Silveira A., Li L., Cordeiro da Costa N., Ferreira P.H., Briggs A., Ferreira M.L. (Australia)

P94 **Provider choice for musculoskeletal management in Australia: A discrete choice experiment**
Zouch J., Hall M., Ferreira M.L., Zhang H., Gadsden T., Hayward C., Ashton-James C.E., Leo L., Angell B.J., Conde M., Ferreira P.H. (Australia & UK)

Posters SIMEG Program

These posters are also presented in session 'Treatment II' on Wednesday, November 4th

P95 **Unveiling the flow: How cerebrospinal fluid dynamics impacts (symptomatic) Tarlov cysts and resultant neuropathic pain syndromes**
Rasschaert R., Hulens M. (Belgium)

P96 **SIJ pain referral does not always predict SIJ diagnosis**
Odland K., Kroymann T., Mutyaba I., Garcia R., Swanson D., Anyiwe B., Polly D.W. (USA)

P97 **Microsurgical removal and a new wrapping technique in symptomatic Tarlov cysts**
Rasschaert R., Hulens M. (Belgium)

P98 **Determining the acceptable probability of success and smallest worthwhile effect of elective lumbar spine surgery: A discrete choice experiment**
Li L., Hall M., Billot L., Angell B., Zouch J., Ferreira M.L. (Australia)

P99 **Adaptive study designs in orthopaedic surgery: Current practices and opportunities for improved efficiency**
Li L., Hall M., Silveira A.M.C., Wason J.M.S., Billot L., Metcalfe A., Ferreira P., Ferreira M.L. (Australia & UK)

P100 **Single surgeon case series and a review of the literature in minimally invasive sacro-iliac joint fusion surgery**
Verhofstadt A., Rasschaert R. (Belgium)

P101 **Optimal screw insertion trajectory for sacroiliac joint fusion surgery: An evolutionary and growth process perspective on the sacroiliac joint**
Kurosawa D., Sanaka K., Murakami E. (Japan)

P102 **Treatment outcomes of sacroiliac joint disorder in patients with lumbar spine comorbidities**
Kurosawa D., Sasaki T., Murakami E. (Japan)

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P103 **Clinical outcomes of very early and early-stage lumbar spondylolysis achieving bony healing during continued sports activity through assessment and correction of causative movement patterns**
Katsumata S., Narita T., Ikezu M., Iseki W., Ishizuka L. (Japan)

P104 **Patient-specific guides for minimally invasive sacroiliac joint fusion revision surgery**
Kampkuiper N.F.B., Smelt A.D., Nellensteijn J.M., Haenen M., Hekman E.E.G., Tuijthof G.J.M., Schröder F.F., Koenrades M.A. (The Netherlands)

P105 **Degenerative changes of sacro-iliac joint in patients with lumbar LV S1 spine fusion**
Staude V.A., Radzishevska Y.B., Zlatnik R.V. (Ukraine)

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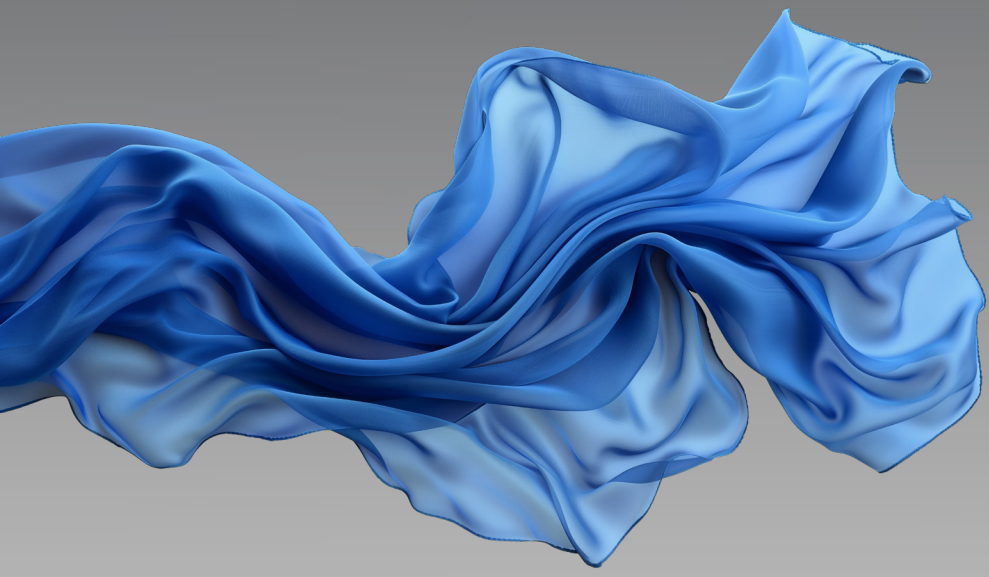
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