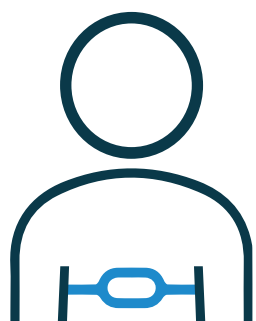


Movement and posture in recovery from disabling low back pain... do they matter?



The question

How do changes in movement and posture relate to changes to non-specific low back pain?



What was done

Wearable sensors measuring back position and muscle activity in 12 people with disabling non-specific low back pain captured painful movements and postures for 22-weeks before, during and after a cognitive functional therapy intervention.



How

Measures of person-specific movement and posture were compared to levels of pain and activity limitation over time, to investigate whether they were related.



The results

Changes to individually relevant movement and posture appear to often relate to improvements in pain and activity limitation, but not always.



Further findings

When there was a relationship, improvements in pain and function were almost always related to increases in range of movement, faster movement, less muscle activity and more posterior pelvic tilt, challenging common 'protective' narratives.

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VIDEO ABSTRACT: [TINYURL.COM/2CTZBZKD](https://tinyurl.com/2CTZBZKD)