

Cognitive functional training reduces pain related disability in people with chronic low back pain



1 The question

Can cognitive functional therapy (CFT) reduce pain-related disability and pain intensity in people with chronic low back pain?



2 The study

The RESTORE study compared CFT and CFT with movement sensor biofeedback with 'usual care' in adults with chronic low back pain and pain-related disability.

As part of this study 18 physiotherapists underwent rigorous training in CFT to a competency standard.



3 The results

- CFT produced large, clinically significant and sustained improvements in pain-related disability, pain intensity, pain catastrophizing, pain-related fear and self-efficacy compared to usual care
- The effects lasted for 12 months
- The intervention was much less costly than usual care, mainly due to improvements in work productivity
- There was no added benefit to including movement sensor biofeedback.

4 Clinical implications

- CFT is an effective, low-cost and low-risk treatment pathway for people with chronic disabling low back pain
- Clinicians need training to competently deliver CFT
- Health systems need to consider funding longer consultations to adequately deliver the treatment.



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