

# Moving Past Low Back Pain

*self-management strategies  
for patients*



# Learning Objectives

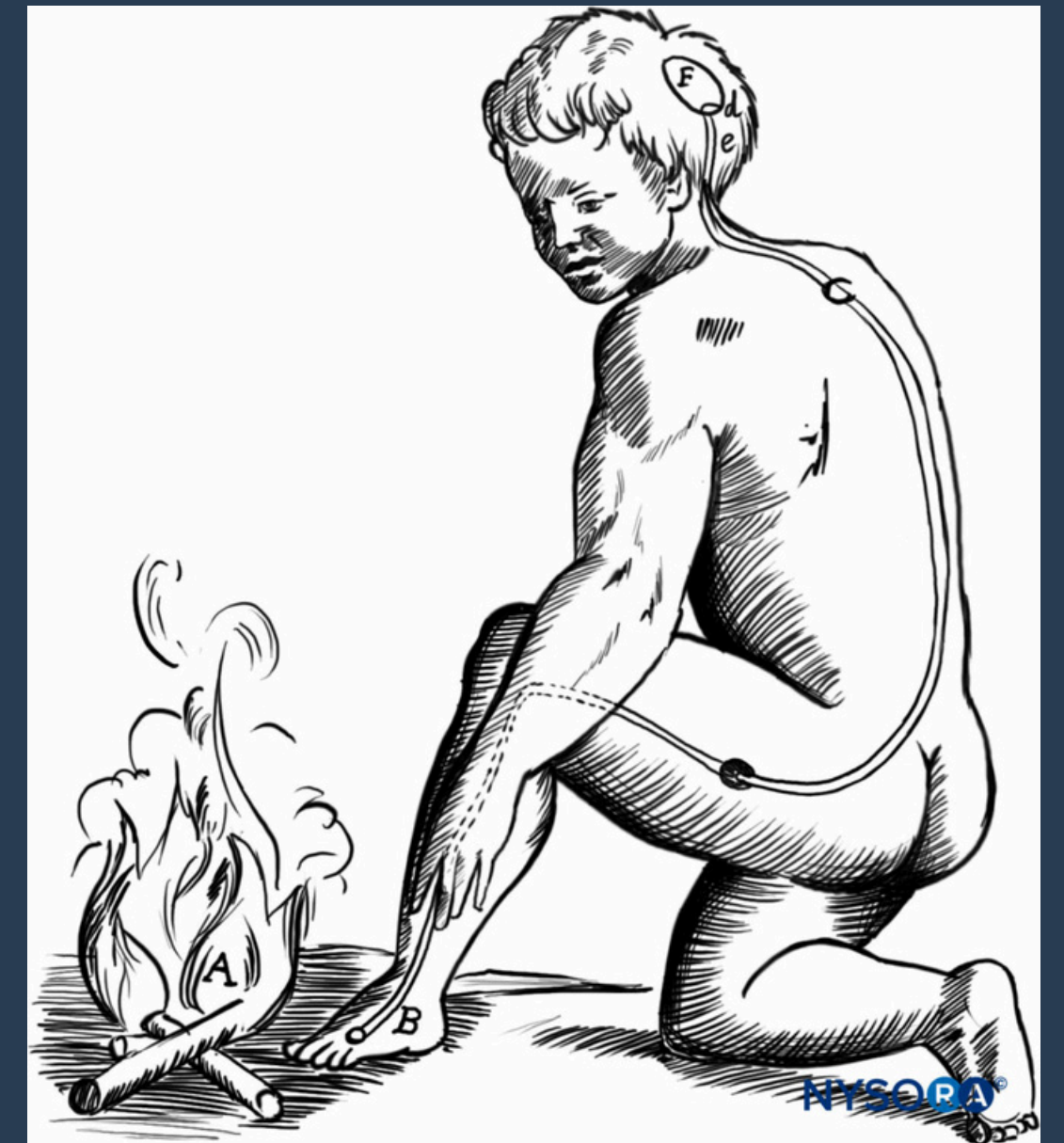
1. Describe current concepts and models of chronic pain
2. List the Canadian and international guidelines for the management of chronic low back pain (CLBP)
3. List self-management strategies for CLBP

# What is Pain?

In the past, pain was thought to travel like an arrow,  
from the site of injury to the brain (Descartes,  
1600's)



(Though long-overcome scientifically, this idea persists  
rather stubbornly in both patients and clinicians)



# What is Pain?

We now know that during a painful episode, arrows are flying in every direction, via the spinal cord. Some are blocking others to lessen pain, others are teaming up to increase pain.

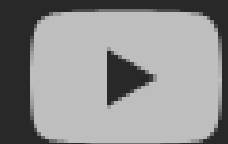




[Watch video on YouTube](#)

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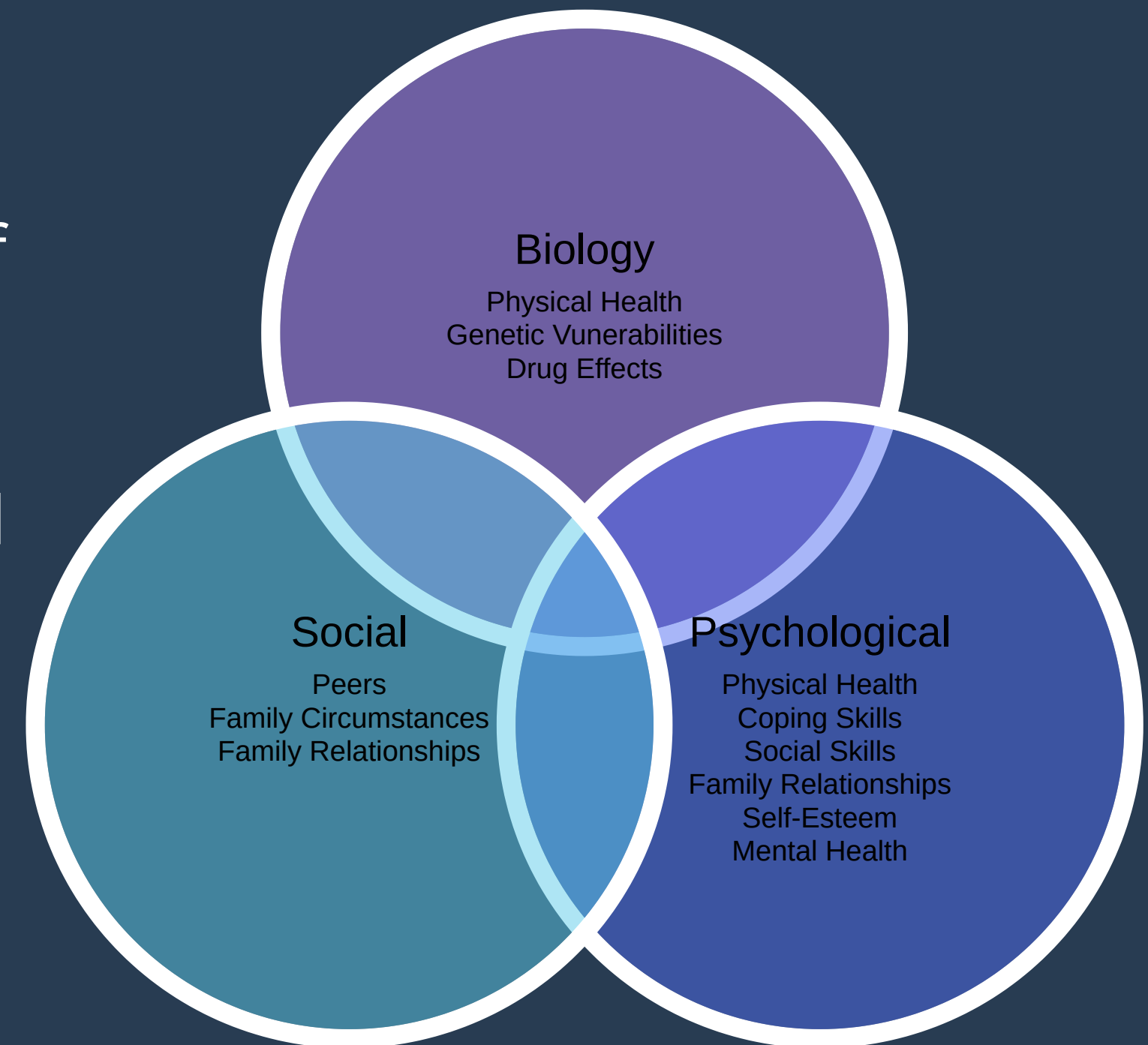
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# Biopsychosocial Model of Pain

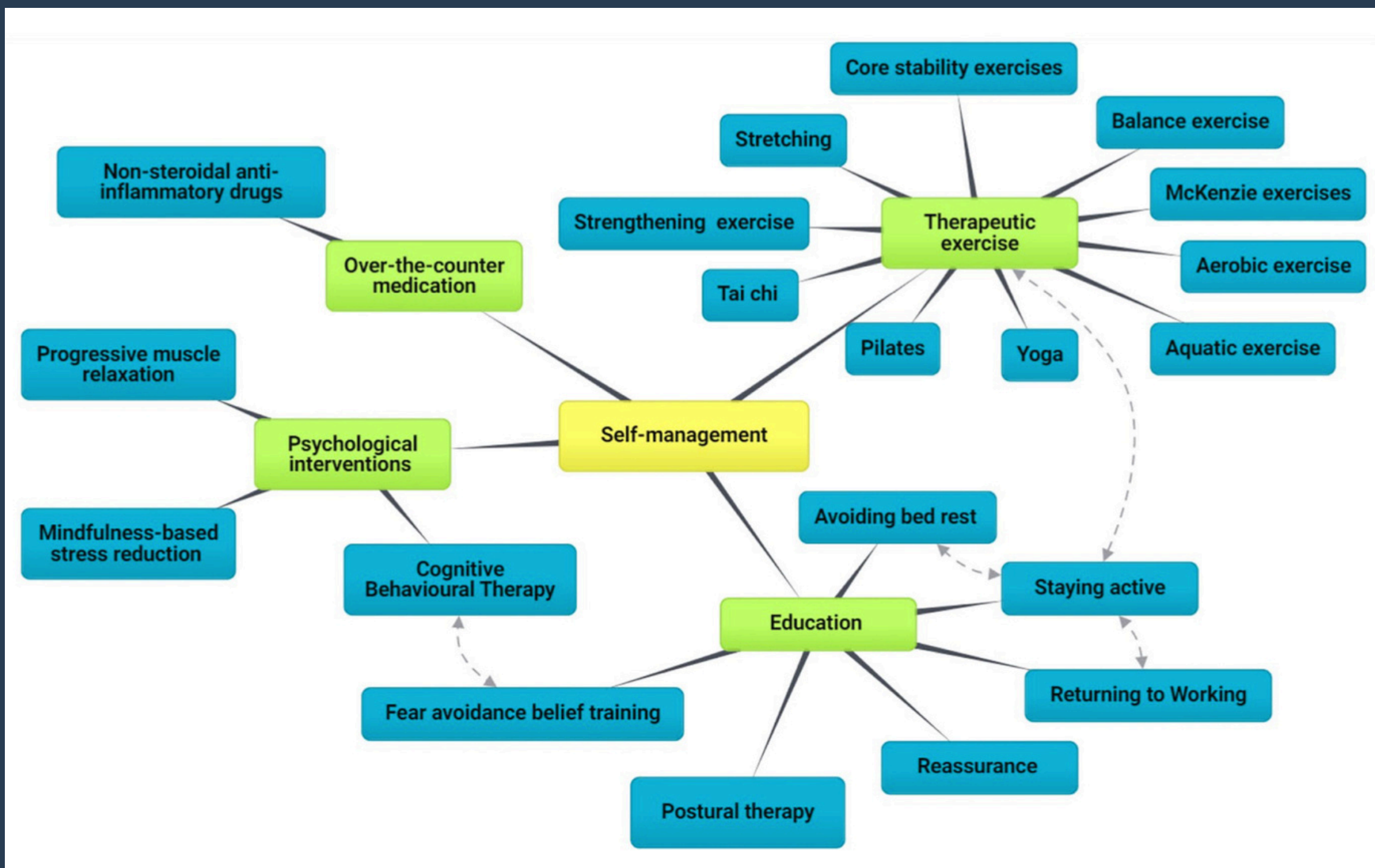
- Backbone of current pain practice
- 1964 - Dame Cicely Saunders (founder of modern hospice) – ‘Total Pain’
  - physical, emotional, social and spiritual distress
- 1977 - George Engel – BPS model



# Canadian Guidelines

- PEER simplified chronic pain guideline (2022)

# International Guidelines





# Self Management Strategies

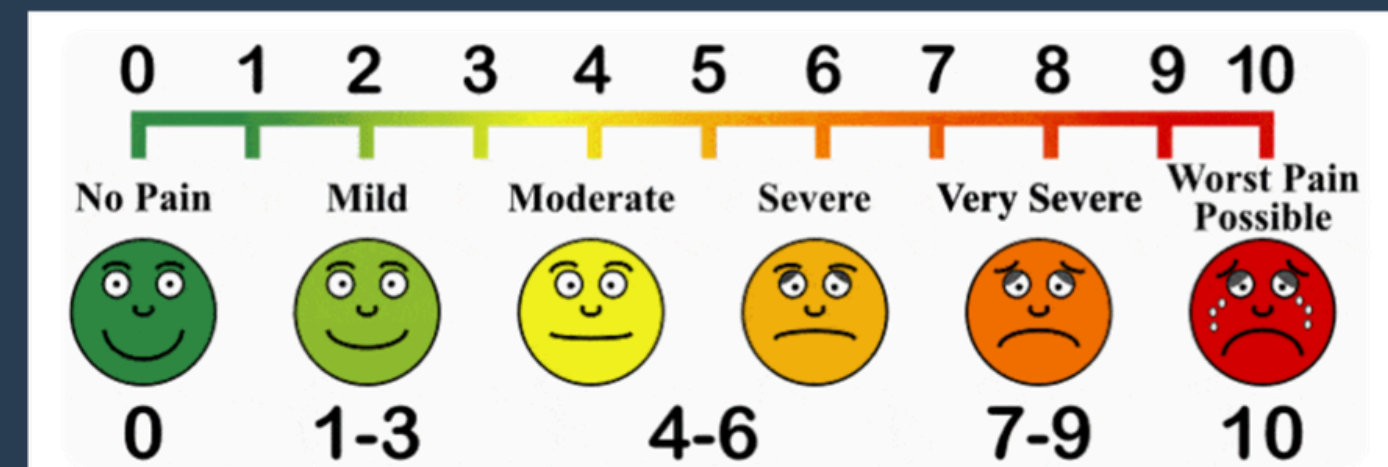
- Movement/exercise\*
- Psychological therapies\*
- Sleep hygiene
- Diet
- Pain education
- Support groups

# Motion is Lotion

- Most effective intervention for LBP
- What if it hurts to move?

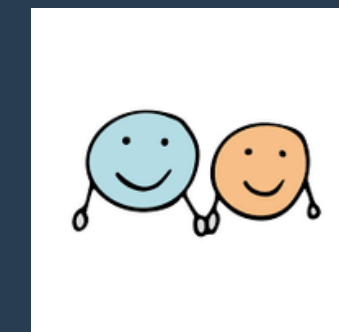
# Motion is Lotion

- Most effective intervention for LBP
- What if it hurts to move?
  - Activity Traffic Light



# Motion is Lotion

- Ways to increase activity:
  - Set goals
  - Use an activity tracker
  - Draw on supports
  - Join a fitness group
  - Visit a physiotherapist



# Retrain Your Brain

- Cognitive behavioural therapy
- Mindfulness-based stress reduction

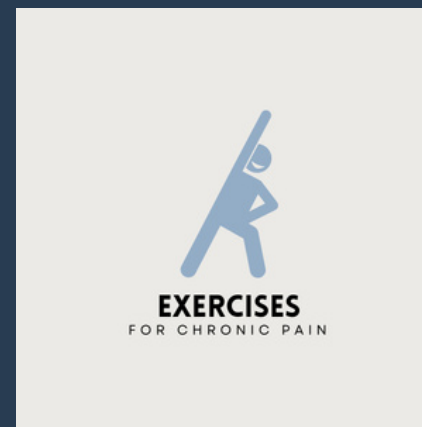


# Resources

- Power Over Pain Portal (Canada) - [poweroverpain.ca](http://poweroverpain.ca)



- Dr. Andrea Furlan (Toronto) - [doctorandreaafurlan.com](http://doctorandreaafurlan.com)



- Tame the Beast (Aus) - [tamethebeast.org](http://tamethebeast.org)



# References

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