CANADIAN ACADEMY OF PAIN MANAGEMENT

EXCELLENCE IN INTERDISCIPLINARY EDUCATION

IN THIS EDITION

AUGUST 2026 BULLETIN

ARTICLE

Deeper Dive into Kinesiophobia and its Treatments

Two articles were reviewed for this bulletin. There has been significant growth in literature where kinesiophobia is an element of the research over the last 10 years. Over 5000 articles were found by one group of researchers between 1998 – 2021. Both articles ended up reviewing only 27/31 articles that met all the selection criteria.

Background/ History: (from both articles and general Google search of the term)

- Definition: Kinesiophobia, as a concept, is defined as: fear of pain and an excessive, irrational, and debilitating fear to carry out a physical movement due to a feeling of vulnerability to a painful injury or re-injury. First identified by Miller 1990.
- Kinesiophobia is a component of the fear-avoidance model explaining disability in people living with chronic pain. Individuals who are highly fear-avoidant believe that pain is a sign of bodily harm and that any activities causing pain are dangerous and should be avoided. Huang et al. (2022, p.2) stated that “The fear of movement becomes part of a vicious cycle of pain leading to avoidance and the well understood decline in function that results. The developing mechanism of kinesiophobia is multiple and complex, among which the failure and accidents in an individual’s movements and the following physical and social activity are the most common….”
- An interesting psychological feature of kinesiophobia was described in Bordeleau et al, (2022) article. ‘In contrast to other phobias, where individuals are generally aware of the irrationality of their fear, people with kinesiophobia believe that avoiding movement is an appropriate response…”(p. 2)

- Kinesiophobia affects between 51 and 72% of patients with chronic pain (Bordeleau et al, 2022, p.2).
- Given that movement is a key component of treatment for chronic pain, managing kinesiophobia becomes an important component of rehabilitation. (Bordeleau et al, 2022, p.2).
- Kinesiophobia induced by musculoskeletal pain (vs. other types of pain) is most common and correlates with factors from biological, cognitive, and occupational perspectives (Huang et al, 2022).

1. Bordeleau M, Vincenot M, Lefevre S, Duport A, Seggio L, Breton T, Lelard T, Serra E, Roussel N, Neves JFD, Léonard G. Treatments for kinesiophobia in people with chronic pain: A scoping review. Front Behav Neurosci. 2022 Sep 20;16:933483. doi: 10.3389/fnbeh.2022.933483. PMID: 36204486; PMCID: PMC9531655.

The Bordeleau et.al (2022) article is a scoping review asks the following 3 questions:

1. What type of interventions have been or are currently being studies in RCT's for the management of Kinesiophobia in patients with chronic pain?
2. What chronic pain conditions are targeted by these interventions?
3. What assessment tools for Kinesiophobia are used in these interventions?

The types of interventions in the articles selected were grouped into three different categories:

Active: McKenzie exercises, Isometric and isotonic exercises resisted exercises, home and clinic exercise programs, aquatic exercises, balance exercises, pilates, aerobic training.

Passive modalities: Manipulations, massage, dry needling, electric stim, TNS, hot packs, ultrasound, Neuromuscular Electrical Stimulation, fascial manipulation, microwave diathermy, interferential flow-vacuum application, K-tape

Psychological and brain processing: Health and pain Education, relaxation strategies (multiple styles), VR strategies, motor imagery.

Interestingly, despite the selection criteria, only 7 % of the studies used TSK as a primary outcome.

The research time periods ranged from 1 week to 48 weeks of treatment with various frequencies. And the countries where research originated was Turkey, Iran, Egypt, US, UK, Spain, Nigeria, Brazil, Cypres. Funding for the research was not always stated.

What Conditions? Primarily low back pain. Next most common is neck pain. To a lesser degree, osteoporosis, multiple sclerosis, fibromyalgia, CRPS, pelvic pain, patellofemoral pain.

Assessment Tool:
The primary tool is the Tampa Scale of Kinesiophobia. There are 3 versions. The original, TSK 13 and TSK 11. Each has been translated into many languages.

Summary and suggestions for future research: More studies looking at multidisciplinary pain management was recommended. More studies of men (or ensure they include more men). Also create studies where the level of kinesiophobia is an eligibility criteria.

Article #2 – Systematic Review of musculoskeletal pain where kinesiophobia was measured as an outcome. This article was considering which treatment was most effective in treatment the fear of movement.

1. Huang J, Xu Y, Xuan R, Baker JS and Gu Y (2022) A Mixed Comparison of Interventions for Kinesiophobia in Individuals With Musculoskeletal Pain: Systematic Review and Network Meta-Analysis. Front. Psychol. 13:886015. doi: 10.3389/fpsyg.2022.886015

These researchers noted that like the other study above, kinesiophobia was not the primary focus of many treatments. The authors thus note, "The objective of this systematic review is to

make a mixed comparison of intervention treatment protocols on kinesiophobia for individuals with musculoskeletal pain by reclassifying treatment protocols from different perspectives according to the change in TSK scores and then to explore the most potential protocols." They used a Network Meta-Analysis

Of note, the researchers reclassified treatments found in a previous met-analysis as:

Passive modalities (PM), active physical exercise (APE), supervised training (ST), psychological intervention (PI), external-used devices (ED), treatment as usual (TAU), placebo treatment (Placebo), non-intervention (Blank), and multi-modal protocols (MP).

This systematic review identified again over 5000 articles referencing kinesiophobia. They focused on musculoskeletal sources of pain. They did not specifically identify the country of origin of the research in their article.

Summary:
"Multi-modal protocols could be recommended as the preferred option when dealing with kinesiophobia caused by musculoskeletal pain." (p.1)
Since the concept of kinesiophobia is based on the fear-avoidance model, the psychological mechanism should be paid enough attention to during treatment " (P.1)

OVERALL

Kinesiophobia is a relevant component of disability in people living with chronic pain and warrants study as a primary focus of research. It appears that, as for most elements of chronic pain, a multi-modal/ multidisciplinary approach will provide best outcomes.

REGISTRATION IS NOW OPEN: VIRTUAL FALL CREDENTIALING COURSE

Registration is now open for the Canadian Academy of Pain Management Virtual Fall Credentialing Course!

If you've been planning to complete your credentialing or enhance your expertise in pain management, this is your opportunity to join us for four interactive virtual evenings of learning.

Course Schedule

- October 6, 2026
- October 8, 2026
- October 13, 2026
- October 15, 2026

Time: 6:00 p.m. – 10:00 p.m. (ET) each evening

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 16 Mainpro+ Credits.

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Register Now!

We encourage you to register as soon as possible to reserve your place in the course.

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These engaging webinars are designed for healthcare professionals seeking practical insights and current perspectives to enhance patient care and professional practice.

Upcoming Webinars

September 16, 2026 | 1:00 PM
Individualized Pacing Strategies for Client-Centered Care
Speaker: Martha Bauer

October 23, 2026 | 1:00 PM
Interventional Pain Medicine
Speaker: Dr. Hamid Khadim

November 10, 2026 | 10:00 AM
Mediolegal & Insurance Dimensions
Speakers: Dr. Michael Boucher

December 11, 2026 | 1:00 PM
Pain Management in the Frail and Elderly
Speaker: Dr. Lydia Hatcher

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UPCOMING PAIN EDUCATION EVENTS AND CONFERENCES

Upcoming pain management educational courses and major conferences for late 2026 include **PAINWeek 2026**, the **IASP 2026 World Congress on Pain**, and the **Canadian Academy of Pain Management** virtual series. [**1**, **2**, **3**]

Major Conferences & In-Person Meetings

- **PAINWeek 2026 National Conference**: September 8–11, 2026. Dimensions of Care: Weaving the threads of Pain Management. Las Vegas.
  - **https://www.painweek.org/**
- **Primary Care Update: Dermatology and Pain Management Sep 11, 2026 – Sep 13, 2026** Victoria - Fairmont Empress
  - **https://www.mceconferences.com/medical-conference/primary-care-update-cme-moc-continuing-medical-education-fairmont-empress-victoria-british-columbia-canada-september-09-2026/**
- **Pain Society of Alberta 2026 Symposium:** October 17-18, 2026. Pain Symposium & Workshops. University of Alberta, Edmonton, AB
  - **2026 Pain Symposium | Pain Society of AB**

- **IASP 2026 World Congress on Pain**: October 26–30, 2026. Bangkok Thailand. The International Association for the Study of Pain global meeting bringing together worldwide researchers and clinicians.
    - **https://www.iasp-pain.org/event/iasp-2026-world-congress-on-pain/**

- **The International Pain and Spine Intervention Society (IPSIS) Annual Meeting**: September 23–26, 2026 Washington DC. Focused on interventional spine and pain procedures and CME credits.
    - **https://www.ipsismed.org/page/annualmeeting**

Virtual Courses & Canadian-Focused Programs

- **Rewiring the mind-body connection: Harnessing neuroplasticity and nervous system regulation in occupational therapy** September 11, 2026 10:00 a.m. - 5:00 p.m. (Eastern Time)
    - **https://caot.ca/client/event/roster/eventRosterDetails.html?productId=11835&eventRosterId=10**

- **Canadian Academy of Pain Management Fall Credentialing Course**: October 6–15, 2026. A virtual training program geared toward multidisciplinary Canadian practitioners. [**1**]

- **Canadian Academy of Pain Management Webinar Series**: Running from September 16 through December 11, 2026. Includes online modules such as *Individualized Pacing Strategies* (September 16) and *Pain Management in the Frail and Elderly* (December 11). [**1**]

- **Pain Canada Online Education**: Ongoing self-paced programs including *Managing Pain Before and After Surgery* and the virtual *Empowered Relief* practitioner sessions. [**1**]

Relevant 2026 Pain Dates:

- September 2026**: Pain Awareness Month.**
- October 17, 2026**: World Day Against Pain.**

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Thank you for being part of our community. We look forward to connecting with you online!