

10th Interdisciplinary World Congress on Low Back and Pelvic Girdle Pain

APPLYING THE EVIDENCE TO REDUCE DISABILITY

Flanders Meeting & Convention Center
Antwerp – Belgium

28-10 ~ 31-10 // 2019



Program Sunday October 27, 2019

17.30 - 18.30	Pre-Registration
17.30 - 18.30	Welcome Reception

Program Monday October 28, 2019

07.30	Registration
08.20	Welcome <i>Andry Vleeming, Lieven Danneels</i>

Anatomy and Biomechanics: New insights into determinants and effects of mechanical load on the back

Moderators: Jaap van Dieën & Andry Vleeming

08.25	Introduction <i>Jaap van Dieën</i>
08.30	Back loading and disc health <i>Theo Smit</i>
08.50	Back loading and back pain-What do we know about it? And what can we do with it? <i>Pieter Coenen</i>
09.10	Can low-back loading be optimized to maintain or improve intervertebral disc health and prevent low-back pain? <i>Jaap van Dieën</i>

- 09.30 How do thoracolumbar fascia and intra-abdominal pressure affect the mechanical loading of the low-back?
Mark Driscoll
- 09.50 Relationships between trunk muscle activation and thoraco-lumbar kinematics in direction-related non-specific chronic low back pain subgroups during a sagittal bending task
Rebecca Hemming
- 10.00 Subgrouping children and adolescents with non-specific chronic low back pain: preliminary multifactor cluster analysis based on psychosocial, biomechanical and physical parameters
Anne Tabard Fougère
- 10.10 Dynamic lumbar intervertebral motion sharing in back pain patients and controls
Alan Breen
- 10.20 Discussion
- 10.35 Morning break**

Motor Control: Integration with modern pain neuroscience and making it work

Moderator: Paul Hodges

- 11.05 Introduction
Paul Hodges
- 11.10 Differentiating pain mechanisms based on modern pain neuroscience
Ruth Chimenti
- 11.30 Matching management to pain mechanisms
Paul Hodges
- 11.50 Motor control and different pain mechanism groups
Anneleen Malfliet
- 12.10 Efficacy of management movement impairments
Linda van Dillen
- 12.30 Title to be confirmed
Jason Kutch
- 12.50 Discussion
- 13.05 Lunch Break**

**Surgical selection for degenerative low back pain: How helpful is the literature?
In cooperation with NASS (North American Spine Society)**

Moderator: Todd Wetzel & Ted Dreisinger

14.05 Introduction
Todd Wetzel

14.10 What constitutes “good” literature?
Max Aebi

14.30 The end of “Non-specific Low Back Pain”
Todd Wetzel

14.50 Proper non-operative care- the final word
Heidi Prather

15.15 Discussion moderated by Ted Dreisinger

15.25 Afternoon Break

15.55 Does the evidence support surgery for back pain?
-Szpalski

16.20 When is back pain *not* back pain?
-Whang

16.35 Discussion moderated by Ted Dreisinger

16.55 Closure

Program Tuesday October 29, 2019

Exercise interventions: Balancing between a specific and general approach

Moderator: *Lieven Danneels*

- 08.25 Introduction
Lieven Danneels
- 08.30 Spinal function classification framework for non-specific low back pain: A Delphi survey of academic experts and clinicians
Liba Sheeran
- 08.50 Effects of skill training in functional activities versus strength and flexibility exercise in people with chronic low back pain
Linda van Dillen
- 09.10 Specific and general exercises: how and for whom?
Lieven Danneels
- 09.30 The evolving case supporting individualised physiotherapy for low back pain
Jon Ford
- 09.50 Effectiveness of cognitive functional therapy compared with multidisciplinary pain rehabilitation in patients with chronic disabling low back pain
Henrik Bjarke Vaegter
- 10.10 *Title to be confirmed*
- 10.30 Discussion
- 10.45 Morning Break**

Connective tissue matters: The role of fascia in lumbo-pelvic pain and stability

Moderators: *Robert Schleip & Carla Stecco*

- 11.15 Introduction
Robert Schleip
- 11.20 Fascial stiffness regulation: new insights and potential impact on lumbo-pelvic stability
Robert Schleip
- 11.40 Anatomical continuities of thoracolumbar fascia
Carla Stecco

12.00 Nociceptive capacity of the thoracolumbar fascia
Andreas Schilder

12.15 Can manual therapy focus on the thoracolumbar fascia? An evidence-based ultrasonic exploration
Fernández de las Penas

12.30 Lunch Break & Poster Presentations

13.30 Bilateral real time ultrasound analysis of thoracolumbar fascia during breathing, slow and fast walking
Jouko Heiskanen

13.40 Self-Myofascial Release for chronic low back pain and stress: A controlled clinical trial
Christopher-Marc Gordon

13.50 A pragmatic study comparing Fascial Manipulation® and “general” physical therapy for those with low back pain related diagnoses
Julie Ann Day

14.00 Discussion

14.15 End Discussion

Parallel Session I: Anatomy

14.20 Flexion-relaxation ratio asymmetry and its relation with lateral trunk flexibility in individuals with and without chronic non-specific low back pain
Kevin Rose-Dulcina

Assessment of trunk dynamic stability during repetitive flexion-extension movements for people with and without nonspecific low back pain: the role of non-linear assessment parameters
Hamidreza Mokhtarinia

External force on the lumbar myofascial ring: effect of hypaxial muscle contraction on the lumbar spine
Mark Schuenke

Biomechanical effects of a flexible beam exoskeleton on low back loading during static bending and lifting tasks
Axel Koopman

Is there a relationship between an individual's stature, BMI and age with diurnal variation in spinal disc heights? A novel study using weight-bearing MRI
Waseem Bashir

Comparison of lumbar multifidus and erector spinae muscle fiber characteristics between persons with NSCLBP and healthy controls
Sjoerd Stevens

Test-retest reliability and minimal detectable change of three-dimensional trunk motion parameters during a lifting task in chronic low back pain individuals
Rita Fernandes

15.45 Afternoon Break

A pilot feasibility study - bilateral real time ultrasound analysis of thoracolumbar fascia during breathing, slow and fast walking
Tuulia Luomala

The immediate efficacy of Spinomed in the posture and equilibrium in patients with hyperkyphosis and vertebral fractures
Tomislav Kranjcec

Does pain reduction shortly after local injection predict response to corticosteroid injection in patients with Greater Trochanteric Pain Syndrome?
Stephane Genevay

The Watching Pregnancy Project: LBP occurrence, symptoms and healthcare use from 20-weeks' gestation until 6-weeks after delivery
Sarah Liddle

Eye gaze markers indicate visual attention to threatening images in individuals with chronic back pain
Zoe Franklin

17.00 Discussion and closure

Parallel Session II: Motor Control

- 14.20 Osteopathic techniques on fascial system and the effects on vestibulo-ocular reflex gain-symmetry assessed by video head impulse test
Daniele Origo
- Variability of lumbar flexion angle during a pick up task in patients with chronic low back pain
Guillaume Christe
- Age and sex specific effects in paravertebral surface electromyographic back extensor muscle fatigue in chronic low back pain
Gerold Ebenbichler
- Does movement matter in people with back pain? Investigating 'atypical' lumbo-pelvic kinematics in people with and without back pain using wireless movement sensors
Robert Laird
- Lumbar range of motion is predicted by task-specific, but not by general measures of pain-related fear in patients with chronic low back pain
Thomas Matheve
- Somatosensory afferents from the lumbo-pelvic area differently influenced the control of paravertebral muscles in people with chronic low back pain
Hugo Massé-Alarie
- Comparing individual lumbar muscles activation between indwelling and high-density surface electromyography
Jacques Abboud
- 15.45 Afternoon Break**
- Clinical assessments can discriminate altered body perception in patients with unilateral chronic low back pain, but not differences between affected and unaffected side
Raphael Meier
- Lumbar local dynamic stability is modified after rehabilitation in chronic low back pain patients: results from a case control study
Arnaud Dupeyron
- The impact of psychological stress on motor control: a systematic review
Timothy Doorson
- Magnetic resonance imaging for the measurement of lumbar multifidus volume: protocol of a reliability study
Saskia Bosch
- Application of a 3D freehand ultrasound system for the measurement of lumbar multifidus volume: protocol of a reliable study
Elise Bellon
- 17.00 Discussion and closure

Parallel session III (a): Prevention and Education

- 14.20 Does standard manual handling advice alter trunk muscle activity during a basic lifting task in healthy individuals? A pilot study
Valerie Sparkes
- The impact of a work-based condition management program on work absence and quality of life
Lina Chauhan
- Recovery from musculoskeletal complaints: A systematic synthesis of qualitative literature with considerations for policy and practice
Corrie Myburgh
- Association of attitudes toward chronic low back pain and evidence-based practice: a cross-sectional survey of a chiropractic institution
Katherine Pohlman
- Identifying design requirements for a passive exoskeleton for low back pain patients: a focus group study
Saskia Baltrusch
- Assessment of functioning and disability: development of a web-based dialogue tool for patients with low back pain (The LBP-Tool)
Charlotte Ibsen
- Effect of physiotherapy versus standard medical care on pain, functional disability, kinesiophobia and pain catastrophization in adult patients with acute non-specific low back pain: systematic review and meta-analysis
Linzette Moris
- 15.45 Afternoon Break**

Parallel session III (b): Sports Medicine

- 16.15 Effects of foam rolling with additional vibration stimulation on the characteristics of the thoracolumbar fascia
Annika Griefahn
- The role of fascia and abdominal muscles in chronic pain with caesarean section
Chenglei Fan
- Prevalence of low back pain in elite adolescent dancers
Nathalie Roussel
- Different sagittal plane pelvic motion between athletes with and without low back pain during drop jump task
Hiroshi Akuzawa
- Lumbar pain in dancers: differences between ballet and contemporary
Justine Benoit-Piau
- Comparing the effects of pelvic alignment and hip joint mobility on shoulder mobility and torque production: a randomized blinded control group study
Mohammad Reza Nourbakhsh
- 17.00 Discussion and closure

Program Wednesday October 30, 2019

A new approach to old questions

Moderator: *Hanne Albert*

- 08.25 Introduction
Hanne Albert
- 08.30 Stepwise program in treating patients with Modic changes
Michiel Schepers
- 08.50 The results of inflammation restoring treatment of acute lumbar disc herniations
Alexander Thachev and Hanne Albert
- 09.10 Lumbar neurodynamic tests are accurate in identifying radicular pain due to disc herniation but fail in identifying foraminal stenosis
Harald Ekedahl
- 09.25 Topographic Hybrid SPECT-CT Scan for Non-Specific Low Back Pain
Erik van de Kelft
- 09.35 Preliminary findings from an active surveillance reporting system for spinal manipulative therapy regulated providers and low back pain patients
Martha Funabashi
- 09.45 Back Break**
- 9.50 Effectiveness and cost-effectiveness of neuromuscular exercise and back care counseling in female healthcare workers with recurrent non-specific low back pain: A two-year follow-up of a randomized controlled trial
Jaana Suni
- 10.05 Restorative Neurostimulation for Chronic Low Back Pain: Long-Term Results
Christopher Gilligan
- 10.20 Brief intervention vs. multidisciplinary intervention in facilitating return to work in low back pain patients: results from two randomized intervention studies including 948 patients with 100% follow-up
Ole Kudsk Jensen
- 10.35 Discussion
- 10.45 Morning Break**

Who gets Pelvic Girdle Pain, how to evaluate it?

Moderators: *Britt Stuge & Annelie Gutke*

- 11.20 Introduction
Britt Stuge
- 11.25 Prevalence of pregnancy-related pelvic girdle pain and its association with activity limitations among pregnant women
Saadatu Maiwada
- 11.35 Prevalence and severity of low back- and pelvic girdle pain in pregnant Nepalese women
Ranjeeta Shijagurumayum
- 11.45 Sacroiliac Joint Dysfunctions in Patients with Chronic Nonspecific Low Back Pain
Aybike Senel
- 11.55 Hip radiograph findings in young, middle aged and other adults undergoing image guided sacroiliac joint injections for posterior pelvic pain
Heidi Prather
- 12.10 Can pelvic girdle pain be predicted by muscle activation during the active straight leg raise? A comparison between pregnant and non-pregnant women
Daniela Aldabe
- 12.20 *Questions & Discussion*
- 12.30 Lunch Break**
- 13.30 Physical function in pregnant women with pelvic girdle pain, asymptomatic pregnant and non-pregnant women – investigating the Timed Up and Go test, kinematic and spatiotemporal characteristics during gait and the Stork test
Lene Christensen
- 13.45 Is Transcutaneous Electric Nervous Stimulation (TENS) or acupuncture the most effective non-pharmacologic treatment strategy for women with pelvic girdle pain during pregnancy? a randomized controlled trial
Annika Svahn Ekahl
- 13.55 Outcomes and outcome measurements in intervention studies of pelvic girdle pain, a systematic review
Francesca Wuytack
- 14.05 Development of a consensus-based core outcome set for pelvic girdle pain
Alexandria Remus
- 14.15 Discussion
- 14.25 End Discussion and Back Break
Movement Break

Primary Care for Low Back Pain

Moderator: *Maurits van Tulder & Bart Koes*

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|---------------|---|
| 14.30 | Introduction
<i>Maurits van Tulder</i> |
| 14.35 | What low back pain is and why we need to pay attention
<i>Jan Hartvigsen</i> |
| 14.55 | Prevention and treatment of low back pain: evidence, challenges and promising directions
<i>Bart Koes</i> |
| 15.15 | Afternoon Break |
| 15.45 | Low back pain: a call for action
<i>Maurits van Tulder</i> |
| 16.05 | Low back pain in primary care: challenges for the future
<i>Jean-François Chenot</i> |
| 16.25 | Global Spine Care Initiative: An international and interprofessional Delphi process to develop a Model of Care for people presenting with back pain and disability
<i>Claire Johnson</i> |
| 16.40 | Discussion |
| 16.45 | Closure |
| 19.15 - 22.30 | Gala Dinner at Horta Antwerp
(Registration is mandatory) |

Parallel session IV: LUMBAR AND SACROILIAC SURGERY

In conjunction with SIMEG

- 08.05 Introduction Lumbar spine
Bengt Sturesson
- 08.10 Where is the optimal position of CBT screw?
Seji Otsuka
- 08.20 Analysis of risk factors for early adjacent segment disease who underwent revision surgery within 5 years after lumbar spinal fusion
Soh Jaewan
- 08.30 Disc-Associated low back pain was indicated by posterior annulus fibrosus and posterior longitudinal ligament resection in percutaneous transforaminal endoscopic lumbar discectomy
Yuan Xue
- 08.40 Baseline patient characteristics commonly captured before surgery do not accurately predict outcome following lumbar microdiscectomy
Stijn Willems
- 08.50 Expanded indication and application of minimal invasive direct lateral interbody fusion (DLIF)
Jaewan Soh
- 09.00 Clinical and radiographic analysis of unilateral versus bilateral instrumentation in one-level lateral lumbar interbody fusion
Masayoshi Fukushima
- 09.10 The effectiveness of transforaminal endoscopic lateral recess decompression for lumbar spinal canal stenosis
Fumitake Tezuka
- 09.20 Discussion
- Sacroiliac Joint**
- 09.40 Diagnostic procedures: Introduction
Bengt Sturesson
- 09.50 Infiltration-test of the sacroiliac joint under OARM navigation: a feasibility study
Yann Pelletier
- 10.00 Grading of sacroiliac arthrogram and criteria for identifying technically-easy cases when performing sacroiliac intraarticular injections
Daisuke Kurosawa
- 10.10 Discussion
- 10.20 How to measure outcome and effect?
Thomas Kibsgaard

- 10.30 The effect of sacroiliac fusion surgery on balance control strategies in patients with sacroiliac joint dysfunction
Ralph Rashbaum
- 10.40 Discussion
- 10.50 Morning Break**
- Free Papers
Moderator: Thomas Kibsgaard
- 11.20 Quantitative evaluation of the sacroiliac joint fixation in stress reduction on both sacroiliac joint cartilage and ligaments: a finite element analysis
Daisuke Kurosawa
- 11.30 The association between sacroiliac joint-related pain following lumbar spine surgery and spinopelvic parameters: A prospective multicenter study
Juichi Tonosu
- 11.40 Triangular titanium implants for sacroiliac joint fusion
Nikolai Rainov
- 11.50 Minimally invasive sacroiliac joint fusion: independent cohort
Jean-Claude Lokietek
- 12.00 Clinical analysis in radiofrequency neurotomy for sacroiliac joint pain
Keisuke Ito
- 12.10 Pitfalls during sacroiliac joint arthrodesis for patients with sacral dysmorphism induced by lumbosacral transitional vertebrae
Daisuke Kurosawa
- 12.20 Discussion
- 12.30 Lunch**
- Different surgical methods and techniques**
Moderator: Thomas Kibsgaard
- 13.30 Two-year results of a randomized controlled trial comparing minimally invasive sacroiliac joint fusion vs. conservative management for sacroiliac joint pain
Djaya Kools
- 13.40 Minimally invasive sacroiliac joint fusion using a novel hydroxyapatite-coated screw: two-year clinical and radiographic outcomes
Louis Rappoport
- 13.50 Clinical, radiological outcome and complications of computer navigated minimal invasive postero-medial sacro-iliac joint fusion using a threaded bolt system
Khai Lam
- 14.00 Distraction arthrodesis of the sacroiliac joint: 2-year results of a descriptive prospective multi-center cohort study in 171 patients
Volker Fuchs
- 14.10 Discussion

14.30 Afternoon Break

15.00 Three-minute Poster Presentations
Moderator: Bengt Sturesson

The significant risk indicators for sacroiliac joint arthrodesis in patients with sacroiliac joint pain

Daisuke Kurosawa

Minimal invasive SI joint fusion: from the ODI to the PASS. A retrospective analysis of a prospective case series

Leo Massari

Treatment of pain originating from the iliolumbar ligament combined with sacroiliac joint disorder: report of two cases

Tomoya Takahashi

Classification and clinical characterization of pathologies for sacroiliac joint dysfunction

Jyoji Shin

The conformity of the painful sacroiliac joints using a best-fit algorithm for CT-based bone models

Kazuya Ito

No difference in the distribution patterns of the mineralization in the subchondral bone underneath the auricular surface in patients with severe sacroiliac joint pain

Tsuyoshi Morito

No increase in the mineralization of the subchondral bone of the sacroiliac joint in patients with severe unilateral sacroiliac joint pain

Tsuyoshi Morito

Minimally invasive sacroiliac joint fusion using a novel hydroxyapatite-coated screw system improves functional outcomes in patients with sacroilitis at one-year follow-up

Charles Ledonio

Endoscopic electrothermic (ESIJ) procedure of the sacroiliac joint 24-month follow up studies

Richard Ibrahim

15.50 Round Table Discussion and Brainstorming

16.30 Closure

16.35 **SIMEG MEMBERS MEETING**

19.15 - 22.30 Gala Dinner at Horta Antwerp
(Registration is mandatory)

Program Thursday October 31, 2019

Parallel Session V(a): Pelvic Girdle Pain

08.30	<p>Introduction <i>Britt Stuge</i></p> <p>Sacroiliac joint dysfunction as the major cause of chronic low back pain <i>Clarence Nicodemus</i></p> <p>Revisiting sacroiliac joint biomechanics – An in-vitro study <i>Niels Hammer</i></p> <p>Ultrasound study of posterior sacroiliac ligaments in patients with chronic low back sacral pain <i>Plamen Todorov</i></p> <p>Scintigraphic evaluation of uptake in the long dorsal sacroiliac ligament (LDSIL) in the diagnosis of mechanical dysfunction of the sacroiliac joint (SIJ Incompetence) <i>Jennifer Saunders</i></p> <p>Pelvic girdle pain, not only in women! <i>Samantha Siegers</i></p> <p>Anatomical landmarks of the intra-pelvic side-wall as sources of pain in women with and without pelvic girdle pain persisting after childbirth <i>Thomas Torstensson</i></p> <p>Innominate mobility is associated with level of abdominal muscle activity during the ASLR in healthy individuals <i>Melanie Bussey</i></p> <p>Back break 5 mins</p> <p>Contraction of the transverse abdominal muscle in pelvic girdle pain is enhanced by pain provocation during the task <i>Jan Mens</i></p> <p>Psychosocial and behavioural characteristics in women with persistent pelvic girdle pain 12 years postpartum <i>Cecilia Bergström</i></p> <p>Spontaneous recovery from self-reported pelvic pain the first 6 weeks after delivery: a prospective longitudinal SMS-based study <i>Anne Marie Gausel</i></p> <p>Discussion</p>
10.30	<p>Morning Break</p>

Parallel Session VI: Epidemiology

11.00 Introduction

Fear avoidance beliefs affect physical activity in patients with lumbar spinal stenosis
Masakazu Minetama

Association between sarcopenia and low back pain in patients with lumbar spinal stenosis
Sachika Matsuo

An individual participant data meta-analysis of spinal manipulative therapy for chronic low back pain
Annemarie de Zoete

Reliability of physical functioning tests in patients with low back pain: a systematic review
Lenie Denteneer

Complier-average causal effect (CACE) analysis of the paracetamol in acute low back pain (PACE) trial
Marco Schreijenberg

Imaging versus no imaging for low back pain: a systematic review, measuring costs, healthcare utilization and absence from work
Gijs Lemmers

Back pain rehabilitation related changes in automatically predicted ICF activity and participation categories
Thomas Kienbacher

Is one screening tool enough to identify the diverse spectrum of behavioral factors that may influence a poor outcome in musculoskeletal pain?
Sean Gibbons

Are respiratory disorders risk factors for troublesome low-back pain? A study of a general population cohort in Sweden
Eva Rasmussen Barr

12.35 Lunch Break

The IMPACT of a referral algorithm for axial spondyloarthritis in chronic low back pain patients: four month follow-up in patient reported outcomes
Maha Jamal

Complications, reoperations, readmissions, and length of hospital stay in 34,639 surgical cases of lumbar disc herniation
Olaf Fjeld

Inter-tester and intra-tester reliability studies: the evidence-based methodology has failed the evidence-based understanding
Jo Abbott

Discussion

Parallel Session VII: Exercise

08.30 Start time

Does the performance of five back-associated exercises relate to the presence of LBP? A cross-sectional observational investigation in regional Australian council workers
Charles Philip Gabel

Effectiveness of epidural amniotic fluid injection for low back pain
Glenn Buttermann

Somato-sensory trainings with new technologies are promising treatments in patients with chronic spinal pain or fibromyalgia
Christophe Demoulin

Exercise and breath holding intervention for individuals with dysfunctional breathing; a matched controlled trial
Kyle Kiesel

Effect of elastic therapeutic taping of abdominal muscle endurance in patients with chronic non-specific low back pain: a randomized, controlled, single-blind, crossover trial
Mohammadreza Pourahmadi

Neuromuscular exercise reduces low back pain intensity, improves lumbar movement control and physical functioning in nursing duties among female healthcare workers: a randomized controlled trial
Annika Taulaniemi

Safe exercises for adults with scoliosis: a scoping review with proposed algorithm
Lise Stolze

Back break 5 mins

Getting patients back in action; reducing disability and continuing activity after a goal orientated back group: a cost-effective model
Ruth Newsome

A change of rehabilitation model increases work capacity at 12 months in low back pain
Michael Norberg

Virtual reality induced analgesia during exercises in patients with chronic low back pain: a randomized controlled trial
Thomas Matheve

Discussion

10.30 Morning Break

Caregiver and patient perspectives on perioperative rehabilitation in lumbar arthrodesis patients: a qualitative study
Michael Bultheel

A study to determine the effectiveness of pilates exercises on pain and function in people with chronic low back pain
Jane Collins

Accelerometer-based facilitated walking program in addition to usual care for the management of patients with low back pain at medium or high risk of chronicity: a randomised controlled trial

Hosam Alzahrani

Predictors for isometric back/abdominal muscle strength and exercise capacity in persons with chronic non-specific low back pain

Jonas Verbrugghe

Effects of Exercise therapy in patients with acute low back pain: a systematic overview of systematic reviews

Marc Karlsson

Long-term follow-up of a clinical pathway for patients with non-specific chronic low back pain: a pilot study

Veerle Stevens

Comparison of two multidisciplinary rehabilitation interventions in patients with chronic low back pain: a randomized controlled clinical trial

Anne Mette Schmidt

Spinal steroids in low back pain: end plate vertebral disease as a cause

Ray Suhasish

Effects of stabilization exercises on health-related quality of life in women with chronic low back pain

Maria Moussouli

12.35 Lunch Break

Concentrating bone marrow aspirate is mandatory to eliminate the detrimental effects of erythrocytes and increase mesenchymal stem cell levels in ortho-biological injections

Peter Everts

Comparison of core strengthening exercises and general trunk exercises in patients with chronic low back pain using lumbo-pelvic stability tests and pelvic radius technique

Disha Chitalia

Back pain and lifestyle in female adolescent football players

Eva Skillgate

Discussion

Parallel Session VIII: Lumbar Pain

08.30 John or Mary? Which sex suffers more from low back pain when familial factors are controlled for? A cross-sectional co-twin control study
Daniel Pozzobon

A randomised controlled trial comparing targeted thrust manipulation with a general manipulation thrust in low back pain: a general approach is as effective as specific
Christopher McCarthy

Patients with chronic low back pain show severe impairments of sensorial perception and discrimination in the pain area
Jorge Luís Ribas

Evaluation of dynamic postural balance in individuals with chronic lumbar pain through the Star Excursion Balance Test
Fabiana Silva

The association between lumbosacral transitional vertebra and degenerative lumbar stenosis
Janan Abbas

Fear avoidance beliefs, disability and health literacy among women with chronic low back pain
Einas Al Eisa

The risk factors of low back pain in female high-school students
Pardis Noormohammadpour

Agonistic tennis in adolescence: correlation with scoliosis and low back pain, results of a cross-sectional study
Michele Romano

Negative beliefs about back pain are associated with persistent, high levels of low back disability in community-based women
Bothaina Alyousef

Magnetic resonance imaging findings in the lumbar spine of adult patients with Scheuermann's disease
Leena Ristolainen

Functional brain alterations in low back pain: a systematic review of EEG studies
Jessica van Oosterwijk

Impact of Tergumed therapy on isometric maximum strength in patients with lumbar arthrodesis
Didier Koch

Is adiposity associated with site-specific, musculoskeletal pain? A systematic review
Donna Urquhart

10.35 Morning Break

Daily relative physical strain is associated with physical fitness, depressive symptoms, fear avoidance beliefs and vitality but not with pain intensity in female healthcare personnel with recurrent low back pain
Tiina Kaistila

Unstable sitting in individuals with acute low back pain: A center-of-pressure analysis
Roberto Meroni

Trunk strength and spinal mobility in spondyloarthritis patients

Tine Willems

How is gluteal muscles morphology affected by chronic low back pain?

Leila Rahnama

Clinical efficacy of calcitonin compared to diclofenac sodium in chronic non-specific low back pain with type I Modic changes: a retrospective study

Yuan Xue

The presence of multiple MRI features is associated with poor improvement in intensity of chronic low back pain

Romain Perera

Temporal changes in lumbar stiffness and pain sensitivity following spinal manipulation in chronic low back pain patients

Casper Glissmann Nim

A new subgrouping of low back pain to explain alterations in lumbar muscle function and morphology

Sophie van Oosterwijck

Nonsurgical spinal decompression with Intervertebral differential dynamics: outcomes of low back pain in a selected Nigerian population: an observational study

Ezinne Ekediegwu

12.35 Lunch Break

Differences in psychological factors, disability and fatigue according to the chronicity grades in non-specific low back pain patients: a cross-sectional study

Aisyah Naqiyah Rosman

Structural alterations of cognitive emotional brain regions are linked to spinal nociception

Evy Dhondt

Evaluation of the correlation between gait pattern disorders in high-heel shoes and the occurrence of low back pain in young women

Artur Stolarczyk

Discussion

Self-management in back pain and MSK-the new black?

Moderator: *Jan Hartvigsen*

- 15.00 Introduction
Jan Hartvigsen
- 15.05 What is self-management and what does it mean for patients and clinicians?
Alice Kongsted
- 15.20 The Solas project: Irish initiative to support self-management for people with osteoarthritis and back pain
Deirdre Hurley Osing
- 15.35 GLA:D Back: Group-based patient education integrated with exercises to support self-management of people with persistent back pain
Inge Ris
- 15.50 Afternoon Break**
- 16.20 SelfBack: An e-health decision support system to improve self-management for people with back pain
Paul Jarle Mork
- 16.35 TEXT4myBACK- The development process of a self-management intervention delivered via text message
Carolina Fritsch
- 16.45 Mechanisms influencing the implementation of an evidence-based program for people with low back pain- GLA:D®Back
Inge Ris / Jan Hartvigsen
- 16.55 Discussion
- 17.10 Closing Ceremony & Poster Prizes