**Rehabilitation for persistent spinal pain: what helps and how?**
International guidelines consistently recommend similar treatments for musculoskeletal pain disorders such as persistent low back pain, such as exercise and education. There is less agreement, and much opinion, on the specific details of what these should include e.g. what kind of education, in what format, which exercise, what can passive treatments offer and how etc.

This webinar will encourage clinicians to reflect on:
(1) what we mean by ‘education’, and how it might vary depending on the audience
(2) what we mean by terms such as ‘exercise’ and ‘activity’, how we select specific parameters (type, dosage, supervision etc)

(3) what we can say about other options e.g. surgery, medication, manual therapy

(4) what we do, and do not, know about what changes among people with persistent spinal pain when they report less pain and disability after treatment

Kieran O’Sullivan graduated as a physiotherapist from University College Dublin in 1999. In 2004 he completed an MSc in Manipulative Therapy at Curtin University of Technology, Perth, Western Australia. In 2005, he started lecturing at the University of Limerick. In 2008 he was awarded specialist member status by the Irish Society of Chartered Physiotherapists. From 2016-2019, he took a 3-year career break to act as Lead Physiotherapist at the Sports Spine Centre at Aspetar, Qatar.

His research interest is musculoskeletal pain and injury, particularly persistent spinal pain. He completed his PhD on persistent low back pain. He has published one book, six book chapters and over 150 journal articles. He has obtained over 4m euros in research funding. His research group disseminates its research through [www.pain-ed.com](http://www.pain-ed.com/), which is an online platform providing advice and information from both patients and clinical researchers on managing musculoskeletal pain. He was awarded the President’s Award for Excellence in Research at the University of Limerick in 2021.