

# Back pain

26 August 2022 Elzette Korkie



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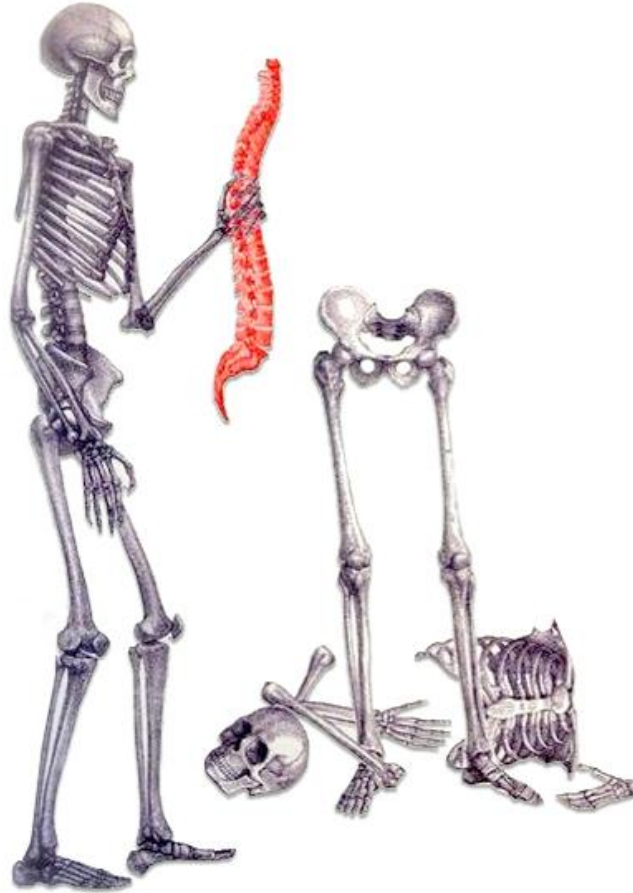
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**SOC** Spine &  
Orthopedic  
Center



**I GOT YOUR BACK**

<https://za.pinterest.com/pin/717339046875270911>



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# Prevalence

👉 World wide: 11 – 85%

👉 Africa: 70%

👉 South Africa: 59%

👉 WHO: LBP main contributor to MSK dysfunction

👉 5<sup>th</sup> most common reason – physician visits



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# Low back pain – differential diagnosis



Specific  
LBP



NSLBP



Pathology



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# Low back pain - LBP



Acute



Sub-acute



Chronic



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# Prognostic factors for CHRONIC LBP

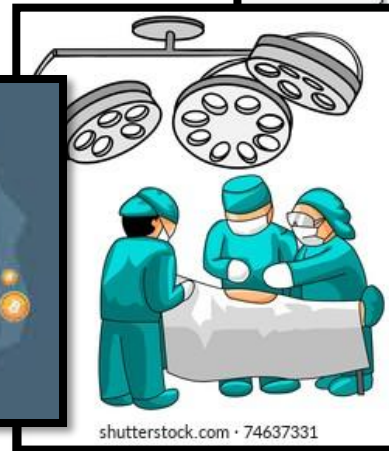
Personal factors



Biomechanical

4-25% CLBP

## BODY MASS INDEX



<https://www.istockphoto.com/illustrations/cartoon-of-a-beautiful-women-smoking-cigarettes>, [https://de.123rf.com/clipart-vector/carrying\\_heavy.html](https://de.123rf.com/clipart-vector/carrying_heavy.html), [https://www.nicepng.com/ourpic/u2e6t4y3a9i1r5w7\\_boy-at-dentist-royalty-free-vector-clip-art/](https://www.nicepng.com/ourpic/u2e6t4y3a9i1r5w7_boy-at-dentist-royalty-free-vector-clip-art/), <https://www.shutterstock.com/search/surgeon-cartoon>, <https://jkcrypto.com/altcoins-mining-guides/>



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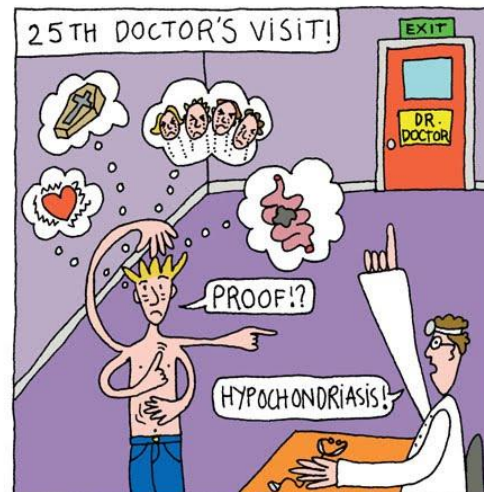
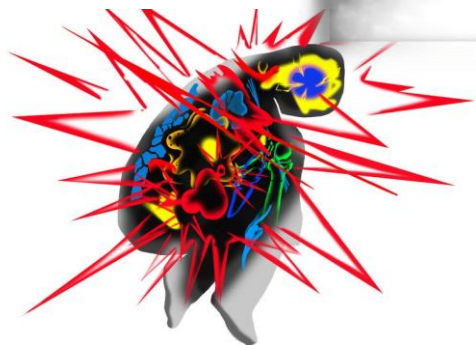
# Prognostic factors for CHRONIC LBP

Symptom characteristics

Psychosocial factors



ANXIETY



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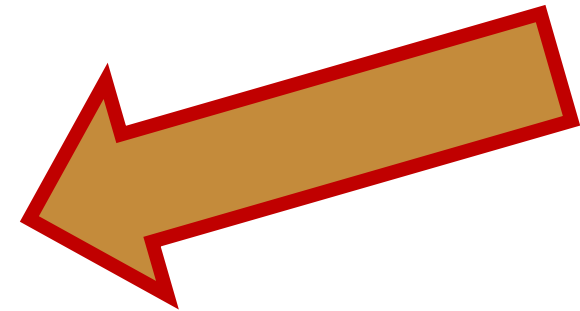
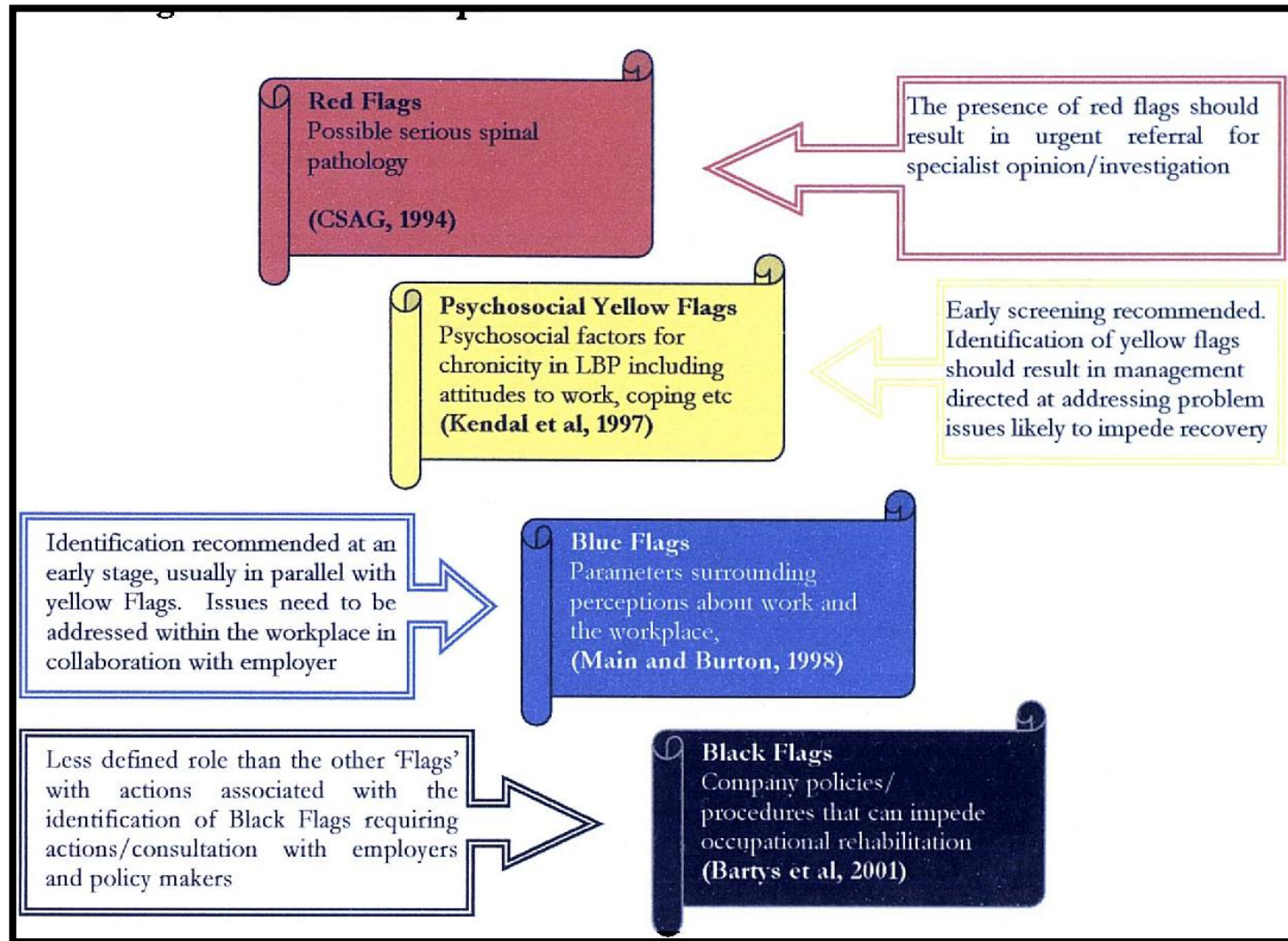
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<https://www.kickstarter.com/projects/samanxiety/anxiety-the-third-socially-awkward-misfit-comic-book>, <https://sites.google.com/a/cms.k12.nc.us/ap-psych-3b/brianna-sims--somatoform-disorders>, <https://www.nytimes.com/2019/03/16/opinion/sunday/pain-opioids.html>

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# Prognostic factors for CHRONIC LBP



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# Evaluation - Low back pain



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Sub-acute



Chronic



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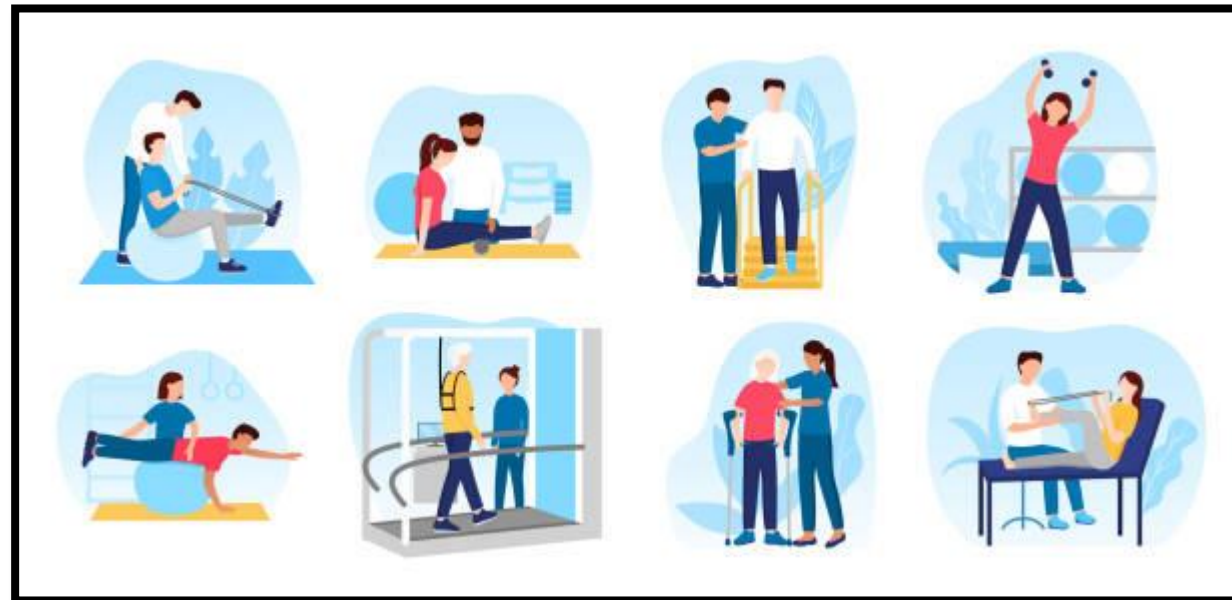
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# Evaluation



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# Evaluation



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? NOITACINUMMOC

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# Evaluation



Determine personal, social  
& environmental facilitators  
& barriers



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# Evaluation



Determine pre-cautions &  
contra-indications

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# Evaluation

👉 Valid & reliable

👉 Aim of OM



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# Evaluation

## STarT Back Screening Tool

Thinking about the last 2 weeks tick your response to the following questions:

	Disagree 0	Agree 1
1 My back pain has spread down my leg(s) at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
2 I have had pain in the shoulder or neck at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
3 I have only walked short distances because of my back pain	<input type="checkbox"/>	<input type="checkbox"/>
4 In the last 2 weeks, I have dressed more slowly than usual because of back pain	<input type="checkbox"/>	<input type="checkbox"/>
5 It's not really safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>
6 Worrying thoughts have been going through my mind a lot of the time	<input type="checkbox"/>	<input type="checkbox"/>
7 I feel that my back pain is terrible and it's never going to get any better	<input type="checkbox"/>	<input type="checkbox"/>
8 In general I have not enjoyed all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>

9. Overall, how bothersome has your back pain been in the last 2 weeks?

Not at all      Slightly      Moderately      Very much      Extremely  
                          
0      0      0      1      1

Total score (all 9): \_\_\_\_\_ Sub Score (Q5-9): \_\_\_\_\_

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Funded by Arthritis Research UK

- Research article

- **Open Access**

- [Published: 31 May 2017](#)

**Reliability and screening ability of the StarT Back screening tool in patients with low back pain in physiotherapy practice, a cohort study**

- [Hilde Stendal Robinson](#) & [Hanne Dagfinrud](#)

[BMC Musculoskeletal Disorders](#) **volume 18,**

Article number: 232 (2017)



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<https://anatomie-kinesitherapie.fr/en/lumbar/articles/systems/musculoskeletal/spine/lumbar/predictive-ability-of-the-start-back-tool>

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# Evaluation

## The Keele STarT Back Screening Tool

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Thinking about the last 2 weeks tick your response to the following questions:

	Disagree 0	Agree 1
1 My back pain has spread down my leg(s) at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
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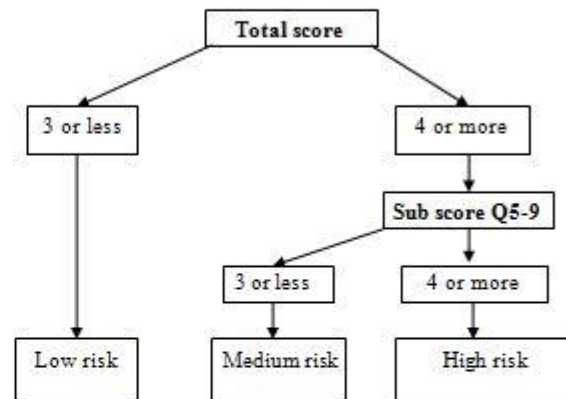
9. Overall, how bothersome has your back pain been in the last 2 weeks?

Not at all      Slightly      Moderately      Very much      Extremely  
                          
 0      0      0      1      1

Total score (all 9): \_\_\_\_\_ Sub Score (Q5-9): \_\_\_\_\_

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## The STarT Back Tool Scoring System



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Not enjoying  
life

Bothersome

ADL - dress

Safety to  
move

Worrying  
thoughts

Never better



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# Evaluation

## Tampa Scale for Kinesiophobia - 11

(Goubert et al., 2004; Woby, Roach, Urmston, & Watson, 2005)

- 1 = strongly disagree
- 2 = disagree
- 3 = agree
- 4 = strongly agree

A	1. I'm afraid that I might injure myself if I exercise	1	2	3	4
A	2. If I were to try to overcome it, my pain would increase	1	2	3	4
H	3. My body is telling me I have something dangerously wrong	1	2	3	4
H	4. People aren't taking my medical condition seriously enough	1	2	3	4
H	5. My accident has put my body at risk for the rest of my life	1	2	3	4

### [Manual Therapy](#)

[Volume 8, Issue 1](#), February 2003,

Pages 29-36

Psychometric properties of the Tampa Scale for kinesiophobia and the fear-avoidance beliefs questionnaire in acute low back pain☆

Author links open overlay

panel [E.J.C.M Swinkels-](#)

[Meewisse<sup>abcf2</sup>R.A.H.M Swinkels<sup>ab</sup>A.L.M Verb](#)

[eek<sup>d</sup>J.W.S Vlaeyen<sup>e</sup>R.A.B Oostendorp<sup>acf</sup>](#)

<https://thenakedphysio.com/2017/02/13/the-tampa-scale-of-kinesiophobia-11/>



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H	4. People aren't taking my medical condition seriously enough	1	2	3	4
H	5. My accident has put my body at risk for the rest of my life	1	2	3	4

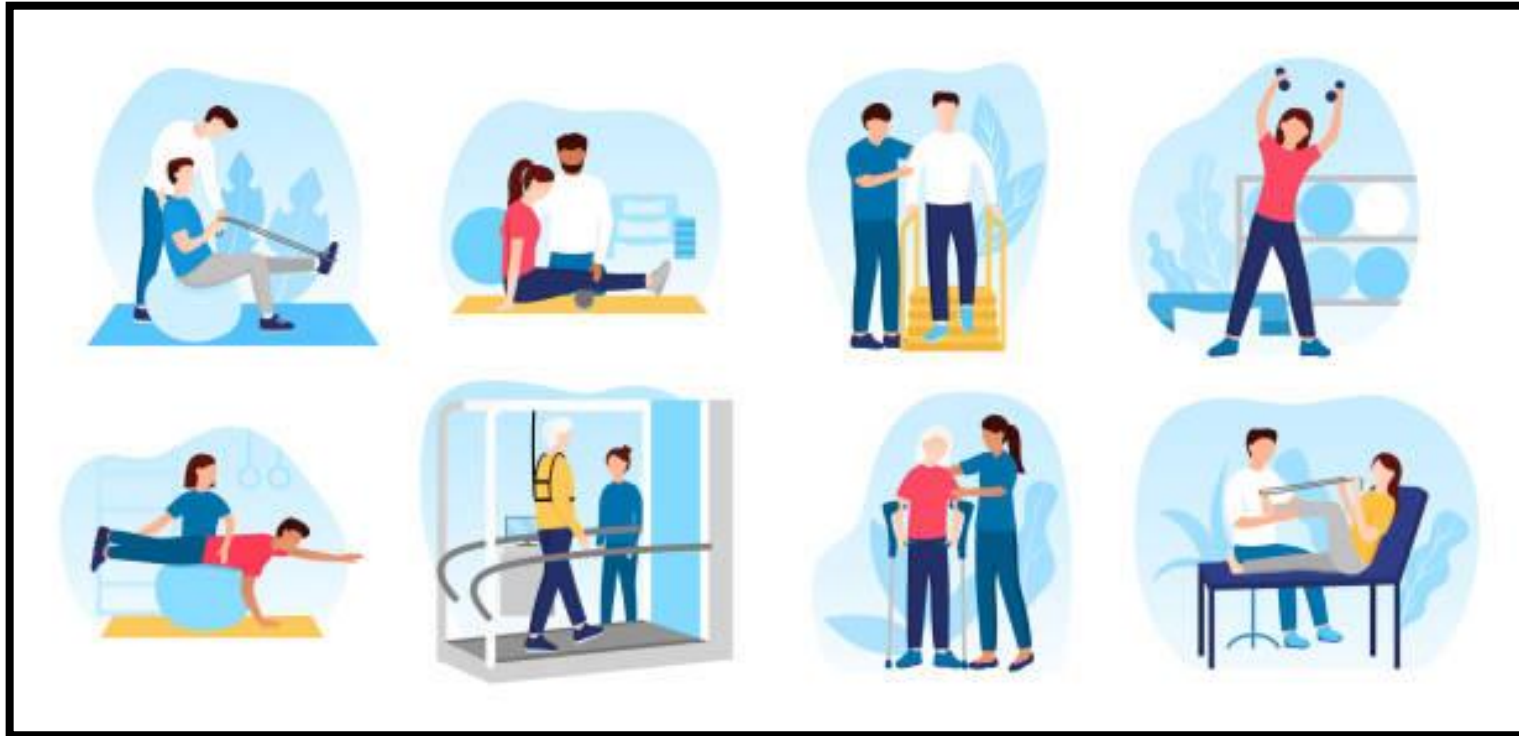
Fear avoidance

Somatic focus (beliefs)

Score  
17 – 68  
37



# Evaluation – Physical evaluation



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# Treatment

## Non-specific LBP (90%)

90% recover no treatment – 3-4 months

70% - 1 month

50% - 2/52

5% no response –  
conservative treatment



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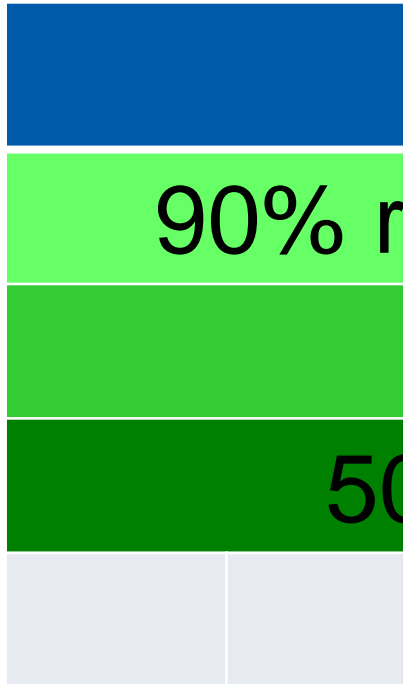
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# Treatment



Re-occurrence  
within 3-6 months



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# Treatment



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# Treatment

Acute

Sub-acute

Chronic

60%



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# Factors affecting treatment efficacy

👉 Patient adherence

👉 Physiotherapist specialty

👉 Source of referral

👉 Referral from medical practitioner – how is your noitacinumoc?



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# Treatment – holistic approach

👤 Multi-disciplinary approach

👤 Pharmacological treatment (NSAID's, muscle relaxants, opioids, tricyclic antidepressants)

👤 Psychologist (cognitive behavior)

👤 Dietician

👤 Biokineticist



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# Treatment – Physiotherapy holistic approach

 Course of LBP

 Specific LBP

 NSLBP

 Stage of healing



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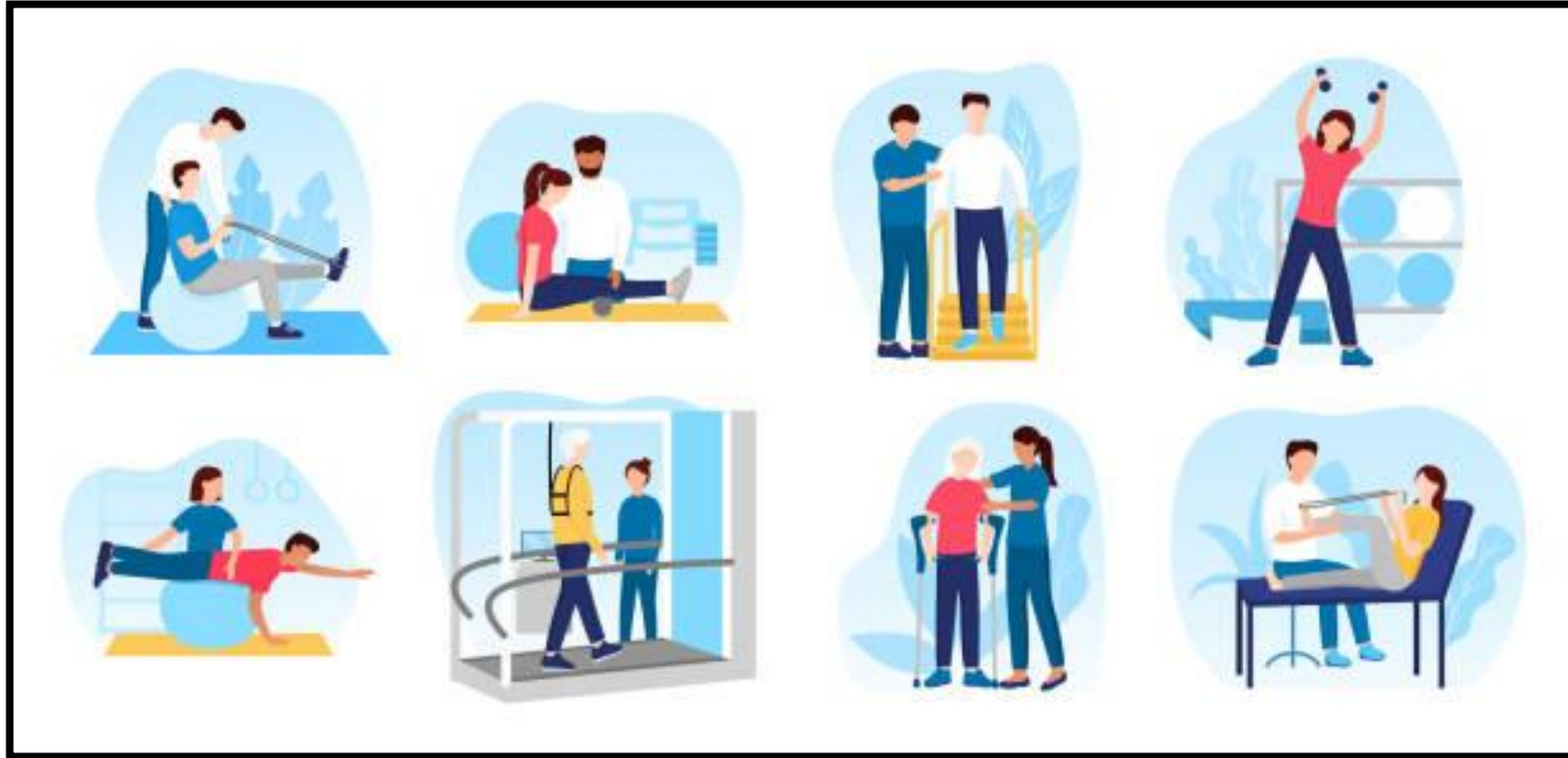
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# Treatment - Techniques



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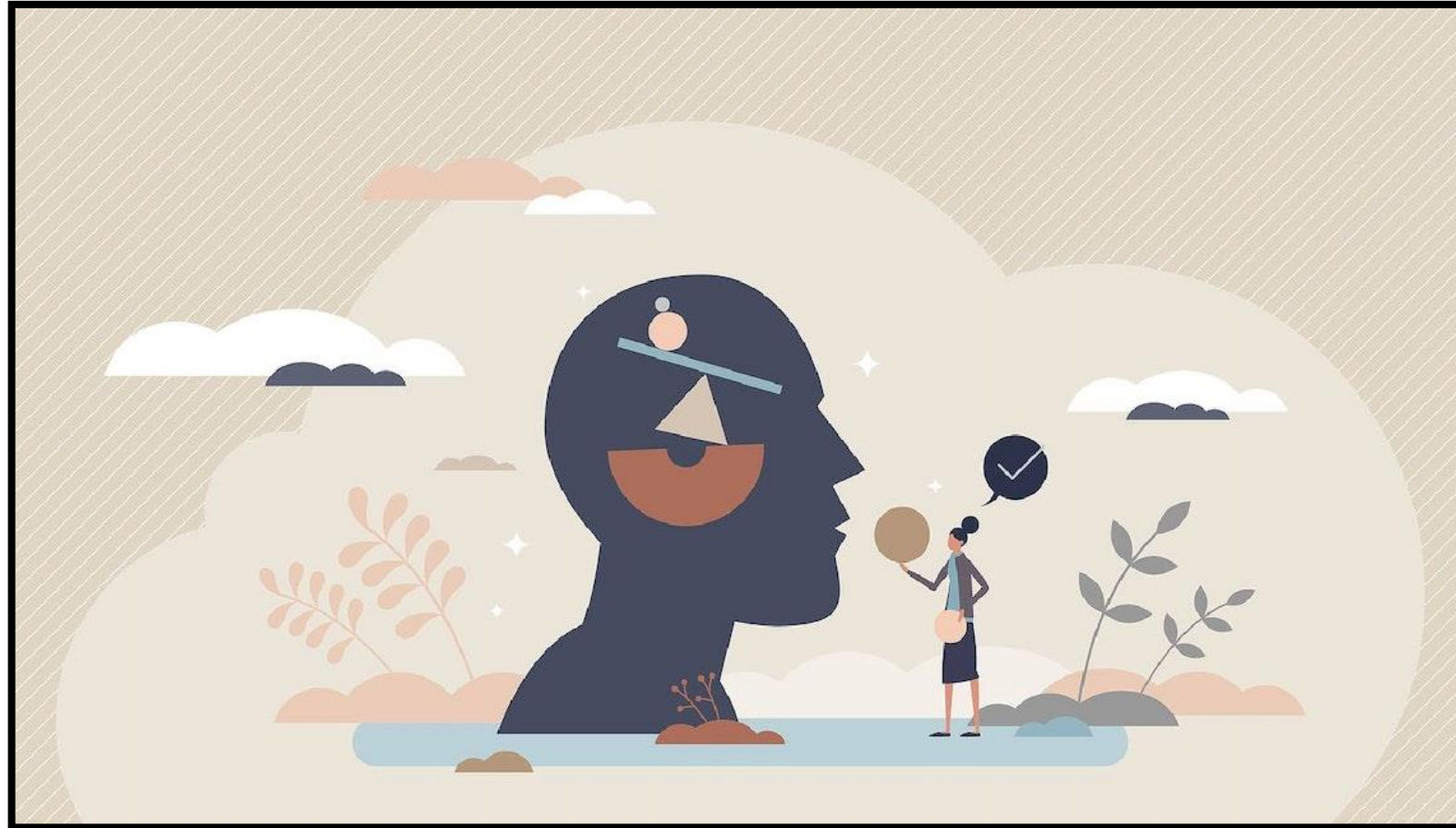
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# Treatment - Education



Condition

Pain

Movement

Ergonomics



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# Treatment – PNE, CBT

**TISSUES: DID YOU KNOW?**

It is well established that many of the tissue issues found on scans are very common and play a very small role in how much pain you experience and how much activity you can do.

**NECK**  
Among people with significant aging in their neck scans, only 10% actually have neck pain.<sup>1</sup>  
In demolition derby drivers who crash 1500 times during their careers, only 2% experience long-lasting neck pain.<sup>2</sup>

**SHOULDER**  
Among people who have had successful surgery, experience no pain and regain all movement, 1 in 5 still has a muscle tear.<sup>3</sup>  
In people over age 30 who have a shoulder muscle tear, only 1 in 3 actually experience pain or limited activity.<sup>4</sup>

**LOW BACK**  
Among people with no back pain, more than 40% have a bulging disc on their scan.  
Bulging discs regress over time.<sup>5</sup>  
In older patients, scans often show "wrinkles on the inside," yet most people seeking help with back pain are middle-aged.<sup>6</sup>

**HIP**  
Among people with no hip pain, 75% of their scans still show tissue issues.<sup>7</sup>  
In hockey players with no hip pain, 2 out of 3 have scans that show significant age changes to their hips.<sup>8</sup>

**KNEE**  
Among people with arthritis on their knee scan, only 50% experience pain.<sup>9</sup>  
Among college basketball players with significant issues on their knee scan, 1 in 3 do not have knee pain.<sup>10</sup>

**Scientific Support**

1. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

2. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

3. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

4. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

5. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

6. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

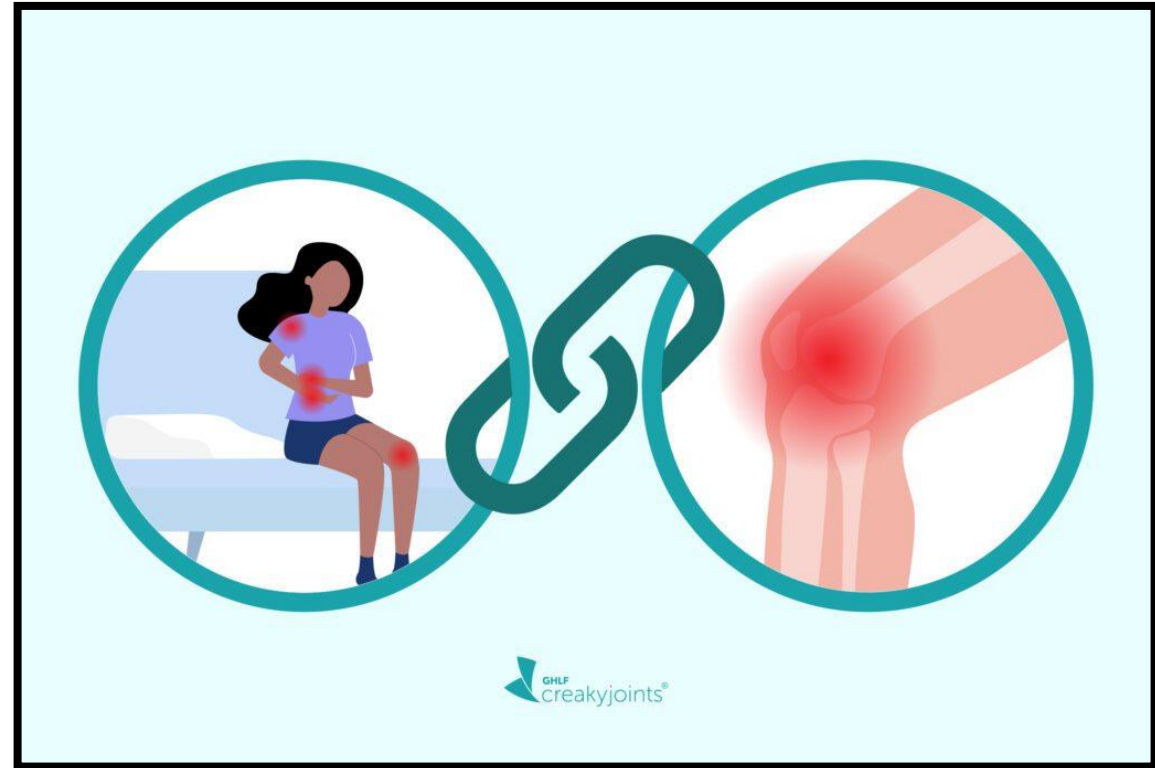
7. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

8. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

9. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

10. Hancock, M. & Williams, J. (2013). Tissue degeneration and pain: A review of the literature. *Journal of Back Musculoskeletal Rehabilitation*, 26(1), 1-10.

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<https://www.amazon.com/Pain-Neuroscience-Posters-876SET-Adriaan/dp/1942798040>



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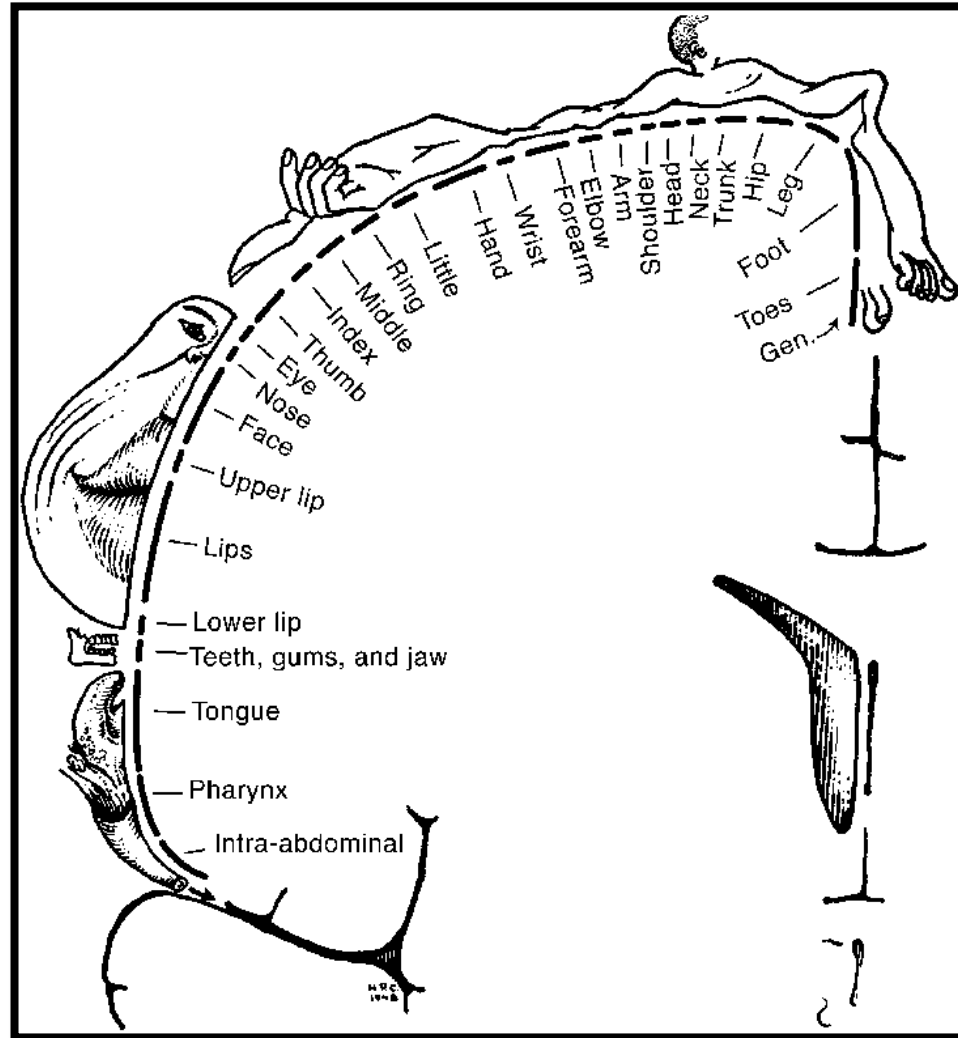
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# Treatment – Motion is LOTION



Proprioception

Cortical reorganization

Distinguish between pain/discomfort



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# Treatment – Motion is LOTION



<https://www.youtube.com/watch?v=AqLUiVTTIxo>



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# Treatment – Motion is LOTION

Exercises -  
strengthen

Exercises -  
mobilize



Stretches



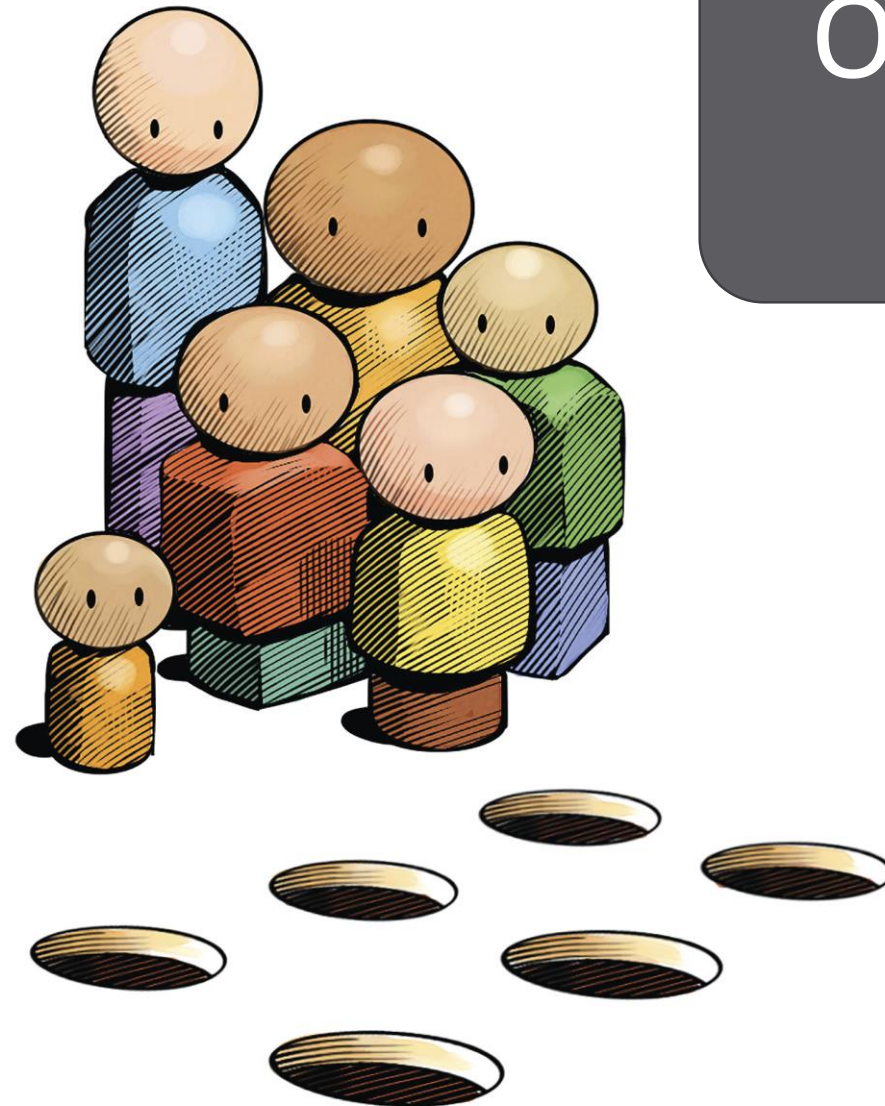
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# Conclusion




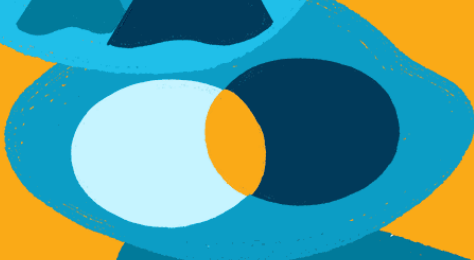
One size fits all?


# Conclusion


**S**pecific 

**M**easurable 

**A**ttainable 

**R**elevant 

**T**ime-based 





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*thank  
you*



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<https://za.pinterest.com/vivienchiew355/spoop/>

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