



# POSITIVE MOVEMENT EXPERIENCES FOR LOWER BACK PAIN (LBP)

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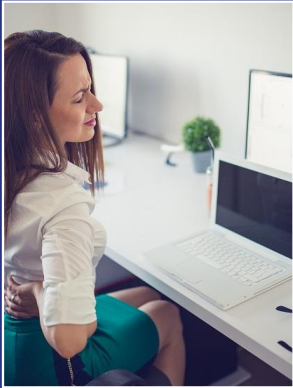
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Back pain is the primary cause of disability in people <50 years of age

<https://bestpractice.bmj.com/topics/en-gb/189>

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I started getting back pain aged 19.....

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**complete movement**

**MOVEMENT**

- Why does it help with back pain?
- How to find a movement practitioner.

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**HOW DOES MOVEMENT HELP?**

- Strength
- Flexibility
- Balance of Movement & Stiffness
- Optimal Stability\*



\*Paul W. Hodges DSc MedDr PhD BPhy(Hons) FAA FACP APAM(Hon), recognised world leader in movement control, pain and rehabilitation, Professor and Director of the NHMRC Centre for Clinical Research Excellence in Spinal Pain, Injury and Health at The University of Queensland (UQ).

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### HOW DOES MOVEMENT HELP?

- Pain
- Fear of Movement
- Positive Movement Experiences\*
  - Safe to Move
  - Taking Control



\* Brent Anderson PhD, PT, OCS, PMA®-CPT, President & CEO of Polestar Pilates. Licensed physical therapist and orthopaedic certified specialist. He is currently adjunct faculty at the University of Miami, Division of Physical Therapy.

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### HOW DOES MOVEMENT HELP?

An explanation to patients?\*

- “Your back is simply not moving and working as it should. It is unfit or out of condition.”
- “Recovery and relief of pain depend on getting your back moving and working and restoring normal function.”



\* Gordon Waddell CBE, DSc, FRCS, Orthopaedic Surgeon, Book: The Back Pain Revolution

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### FINDING A MOVEMENT PRACTITIONER

- Individual
  - No one set of muscles for back pain
  - Bulk of data that individual treatment/movement is best\*
- Training & Trust
  - Minimum 450 hrs – Pilates Method Alliance, but no UK minimum standard
  - Do you trust them?

\*Prof Paul W. Hodges

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**complete movement**

**LET'S DO SOME MOVEMENT!**

- Education
- Increasing speed and range of motion
- Daily life

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**complete movement**

### Key Messages

- Optimal stability – for the task in hand
- Positive movement experiences – powerful to counteract fear of moving
- Get to know and trust your local practitioners




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**complete movement**

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**Contact Me**

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