A modern understanding of back pain and how best to treat and prevent it

Abstract

This presentation will summarise recent advances in the understanding, treatment, and prevention of low back pain. Re-conceptualising back pain as a complex multifactorial, recurrent condition, has been critical to moving the field forward and developing more effective and individualised interventions, that can reduce enormous individual and societal burden associated with back pain. We will present results from two recent NHMRC funded randomised controlled trials, both published in The Lancet, with positive outcomes for the treatment and prevention of back pain. The general learnings from these trials are relevant to other chronic or recurrent health conditions, and researchers conducting pragmatic trials.

Biographies

Professor Mark Hancock  
BAppSc (Physiotherapy), MAppSc (Research), PhD

Mark Hancock is Professor of Physiotherapy, Faculty of Medicine, Health and Human Sciences, Macquarie University. He is a leading back pain researcher and has over 20 years of clinical experience as a musculoskeletal physiotherapist. His research focusses on the diagnosis, prevention and treatment of low back pain. He has published over 230 peer reviewed papers in leading journals including New England Journal of Medicine, Lancet and British Medical Journal.
Dr Tash Pocovi
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Dr Natasha Pocovi holds a post-doctoral position within the Discipline of Physiotherapy at the Faculty of Medicine, Health and Human Sciences at Macquarie University. Recently, she was awarded her PhD. During her doctoral studies, she led the NHMRC-funded WalkBack trial, which aimed to investigate the clinical and cost effectiveness of a low-cost and accessible walking and education intervention for preventing the recurrence of low back pain. She is the first author of this study published in *The Lancet*. 