

# A research study for persistent or recurrent low back



Today, low back pain is the leading cause of years lived with a disability worldwide. Clinical guidelines for the treatment of low back pain consistently recommend educating patients about back pain and its natural course, as well as providing advice about remaining active and at work. However, many low back pain patients are offered costly, non-guideline endorsed options, creating uncertainty rather than clarity.

GLA:D Back is a program that implements guideline recommendations, through standardised patient pain education and exercise therapy for people with persistent or recurrent low back pain. GLA:D Back consists of two individual pain education sessions that initiate the program, and is followed by a course of eight weeks of supervised group exercises – twice a week.

GLA:D® (Good Life with OsteoArthritis in Denmark) was originally developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. GLA:D® has been very well-received, with over 30,000 Danes out of a total population of 5.7 million positively impacted, not only reducing patient symptoms but have greater function and increased physical activity levels. Also, there were fewer taking painkillers and fewer on sick leave.

Like GLA:D®, GLA:D Back has the potential to positively impact patients, by encouraging easy and enjoyable exercise, as well as exploring various or different ways of moving rather than ‘moving correctly.’

*This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and exploring various movement patterns, participants will train their bodies to move properly, prevent symptom progression and reduce pain.*

## Can I participate in GLA:D Back?

GLA:D Back Australia is a program for all individuals 18 years of age and over who experience persistent or recurrent low back pain, for more than 3 month's duration.

You may participate in the GLA:D Back program if you have persistent or recurrent low back pain that resulted in visiting a healthcare provider. The decision to enrol in GLA:D Back is at the discretion of the clinician in a dialogue with the patient.

You may not be able to participate in the GLA:D Back program if:

- You have other reasons for your low back pain (for example, pregnancy, tumour, inflammatory joint disease, nerve, soft tissue or connective tissue problems)
- You have other symptoms that are more pronounced than the low back pain problems (for example, chronic generalized pain or fibromyalgia)
- You are currently participating in a supervised exercise or rehabilitation program or enrolled in another interventional clinical trial.
- You are unable to understand and communicate in English.

## What does GLA:D Back involve?

The education and exercise program reflects contemporary evidence in low back pain research. It also includes feedback from people with persistent or recurrent low back pain and trainers on what works in the real world to manage low back pain symptoms.

### GLA:D Back training consists of:

- A first appointment explaining the program and collecting data on your current functional ability.
- Two education sessions which teach you about low back pain, how the GLA:D Back exercises improve functional capacity and ability to self-manage your low back pain outside of the program.
- Supervised group training sessions twice a week for eight weeks is prescribed to improve mobility, strength and muscle control of the spine, leading to and improved quality of life.
- A follow-up appointment to re-evaluate your functional ability.

GLA:D Back is run in private chiropractic and physiotherapy clinics. The fee for this program will be set by the clinic within the boundaries established by appropriate regulatory bodies and other relevant organisations.

## Find out more about GLA:D Back

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