

An Evidenced Based Therapeutic Exercise Protocol for Chronic Low Back Pain: The Role of Intense Exercise

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Committee Liaison: Peter Crimmins, PT, DPT

Exercise has been recognized as an effective treatment for chronic low back pain. Therapists seek to understand what exercise prescriptions and assessment tools can be effectively used in improving physical therapy treatment outcomes. This course offers students and therapists an opportunity to review a chronological series (1992 to 2008) of research articles on an evidenced based exercise treatment protocol for chronic low back pain. The articles will look at the effects of exercise on pain, pain beliefs, kinesiophobia, and exercise adherence in all ages. The articles will offer insight into effective components of a rehabilitation program for chronic low back pain, as well as assessment options for lumbar range of motion, back extension strength, lifting ability, disability scores, and pain scores. Students and therapists will learn to administer and score such assessments through lecture and lab opportunity. Upon completion of this review, therapists will be able to incorporate the basic treatment components of an exercise program into their own clinic practice. Therapists will be capable of assessing their patients' improvements with standardized acceptable research tools. Despite the extent of research that has been done on the effects of exercise on chronic low back pain, further related study is needed within the field of Physical Therapy. Discussion will occur stimulating ideas for future research.

Time: 2:15 p.m. – 5:30 p.m. (Total contact hours: 3)

Course Segments:

2:15 p.m. – 3:45 p.m. (1.5 hours)

Break: 3:45 p.m. – 4:00 p.m.

4:00 p.m. – 5:30 p.m. (1.5 hours)

