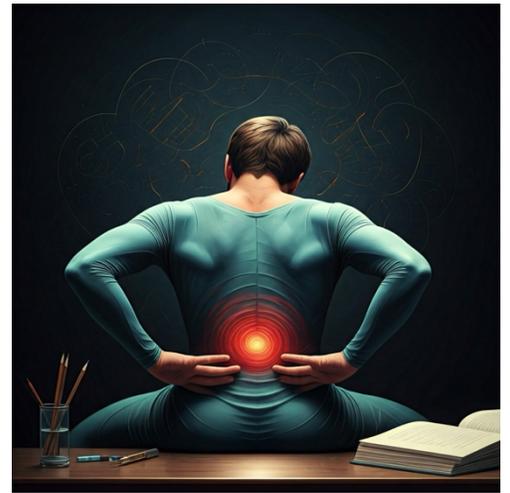


# Can a community-based exercise and education program help people with persistent low back pain get back to living well and stay active for the long haul?

## What is the problem?

People with ongoing back pain often struggle to stay active and manage their condition over the long term, which can lead to a worse quality of life and higher healthcare costs.



## How did the team study the question?

The researchers used a mixed-methods approach, combining surveys, interviews, and activity tracking to understand how well the program worked and what challenges people faced in participating, both from the perspectives of those with back pain and the staff running the program.

## What did the team find?

This study doesn't have results yet, as it's a protocol describing a planned research project. The researchers hope to learn how well a community exercise program helps people with ongoing back pain stay active and manage their pain over time. They'll track participants' pain levels, activity, and quality of life for a year, and interview both participants and staff to understand what works well and what challenges come up. The findings should help make the program better and show if it could be used in more places to help people with back pain live fuller, more active lives.

## How can this research be used?

This study's results will show if community exercise programs can help people with long-term back pain stay active and feel better. Healthcare providers, physical therapists, and community centers can use this evidence to create better programs for people with back pain. If the program works well, more cities might start offering it, giving people with back pain a way to exercise safely and manage their pain without always needing to see a healthcare provider. This could help many people with back pain live more active, enjoyable lives while spending less on healthcare.

## Cautions

This study has some limits to keep in mind. It only looks at one program in one area, so we can't be sure it would work the same way everywhere. People who join the study might be more motivated than others, which could make the results look better than they would be for everyone with back pain. The study also relies on people reporting their own pain and activity levels, which might not always be completely accurate. Lastly, the study only follows people for one year, so we won't know how well the program works in the very long term.

## Citation

Macedo, L., Di Pelino, S., Souza Santos, V., Richardson, J., MacDermid, J., Hancock, M., Battie, M. C., Saragiotto, B. T., Hayden, J. A., Rushton, A., Packham, T., Freman, M., Bray, S., Griffin, M., Hladys, G., Miller, P., & Attwell, S. (2024). Implementation of back to living well, a community-based program for the tertiary prevention of low back pain: a study protocol. *BMC Musculoskeletal Disorders*, 25(593). <https://doi.org/10.1186/s12891-024-07712-7>

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