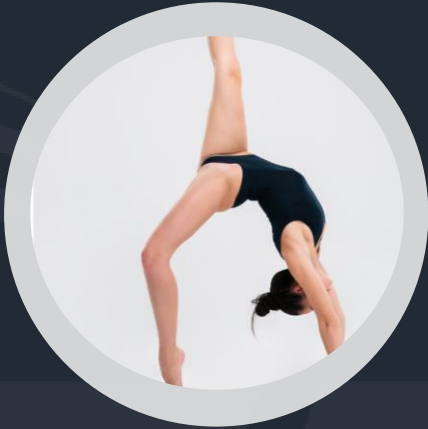




SSEP PRESENTS CONFIDENTIALITY & PRIVACY NOTICE

The contents of this presentation and any attachments are intended solely for the addressee(s) who has purchased this online module via SSEP Presents. This resource and any attachments may be legally protected from disclosure. Any unauthorized use or disclosure of its contents is prohibited. If you are not the intended recipient, you are hereby notified that any use, dissemination, copying, or storage of this resource or its attachments is prohibited.

For further information regarding this please contact Josiah Ayling or Dean McNamara via admin@ssep.com.au



Got Your Back: *Making low back pain simple!*



Introduction – Josiah Ayling
SSEP General Manager



SYDNEY
SPORTS &
EXERCISE
PHYSIOLOGY

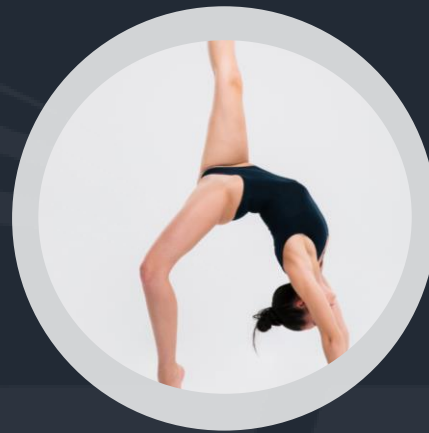


Got Your Back:
*Making low back
pain simple!*

for Exercise
Physiologists

Presented by [Josiah Ayling](#)
Accredited Exercise Physiology AEP
MClinExPhys, BAppSc(Ex&SpSc)

ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA



Got Your Back: Making low back pain simple!

Course Overview

7 Modules = 8 CPD Points



ESSA:

EXERCISE & SPORTS SCIENCE AUSTRALIA

ACCREDITED PROFESSIONAL DEVELOPMENT

Got Your Back: Making low back pain simple!

Course Overview

7 Modules = 8 CPD Points

Topic Areas

Got Your Back: Making low back pain simple!

Course Overview

- Low Back Pain Overview & Epidemiology
- Lumbar Spine Anatomy & Physiology
- Low Back Pain Clinical Pathologies
(Serious, Specific, Non-Specific)
- Treatment Interventions & Exercise Physiology Management
- Exercise Programming & Prescription

Got Your Back: Making back pain simple!

Course Overview

Learning Outcomes

Development of high level knowledge/skills and abilities to treat, assess and educate patients considering; Pathophysiology, aetiology, assessment, evidence influenced rehabilitation advice, loading strategies, exercise prescription and high-level programming for return to sport/work/ADLs for patients with common lower back pathologies.

Course Overview

Got Your Back: Making back pain simple!

Acknowledgments (1)



Australian
Commission
on Safety &
Quality in Health



The Lancet

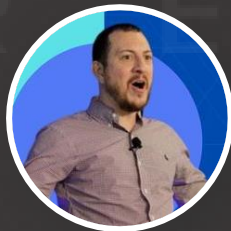


The National
Institute for Health
and Care Excellence
United Kingdom

Got Your Back: Making back pain simple!

Course Overview

Acknowledgments (2)



Ben Cormack



Adam Meakins



SSEP & LASP



*& many others...
(as per references)*

SSEP PRESENTS Got Your Back!



Epidemiology of Back Pain
Globally and in Australia



Lumbar Spine Anatomy &
Physiology



Low Back Pain Clinical
Pathologies (Serious,
Specific, Non-Specific)



Conservative & Surgical
Interventions



Exercise Physiology
Management



Rehabilitation Planning &
Exercise Prescription



© 2023-2024

Epidemiology of Back Pain Globally and in Australia

Module 1



Back Pain Globally

Overview

1. Back Pain relates to a range of conditions
2. Back pain is a significant cause of disability and lost productivity
3. Areas of back pain
4. Recent reports suggest low back pain currently affects up to 7-10% of the entire population





Low Back Pain Definition(s)

Australian Commission – Clinical Care Standard

- “Symptoms of pain located between the lower rib margins and the buttock creases. These symptoms are commonly accompanied by pain in one or both legs, and some people have associated neurological symptoms in the lower limbs”

Global Burden of Disease Studies

- “Pain in the area on the posterior aspect of the body from the lower margin of the twelfth ribs to the lower gluteal folds with or without pain referred into one or both lower limbs that lasts for at least one day”

Low Back Pain Globally *Overview*

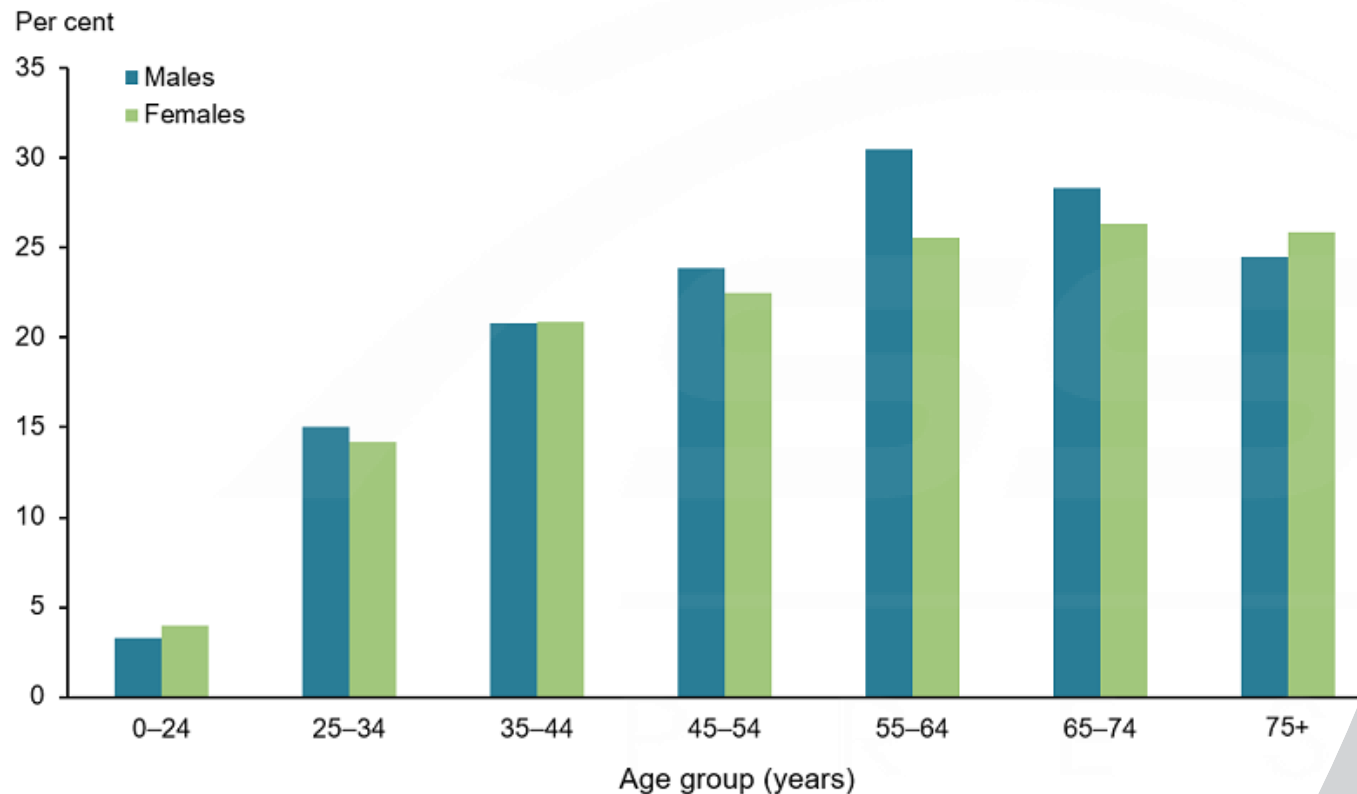
1. Approximately 70% of years lost due to LBP through disability were in working aged people (20-65 years) – Global Health Group 2020
2. Trends show increasing prevalence in people with LBP from 1990 - Current
3. Prevalence of LBP increases with age – most commonly affects the 50-54 year age group globally.
4. Increasing burden of LBP is suspected to be due to an aging population





Low Back Pain in Australia

- LBP is the most common Msk complaint reported in Australia
- Affects up to 25% of the Australian population at any given time – Barden et al 2017
- ESSA Reports - that 80% of Australian adults will experience at least one episode of low back pain during their lifetime
- **No. 1 cause of Pain & Disability worldwide** – Lancet 2015-2020



Prevalence of LBP in Australians

Figure 1: Prevalence of back problems, by age and sex 2017-18 – AIHW analysis of ABS 2019a

Figure 3: Prevalence of back problems, by remoteness and socioeconomic area, 2017-18

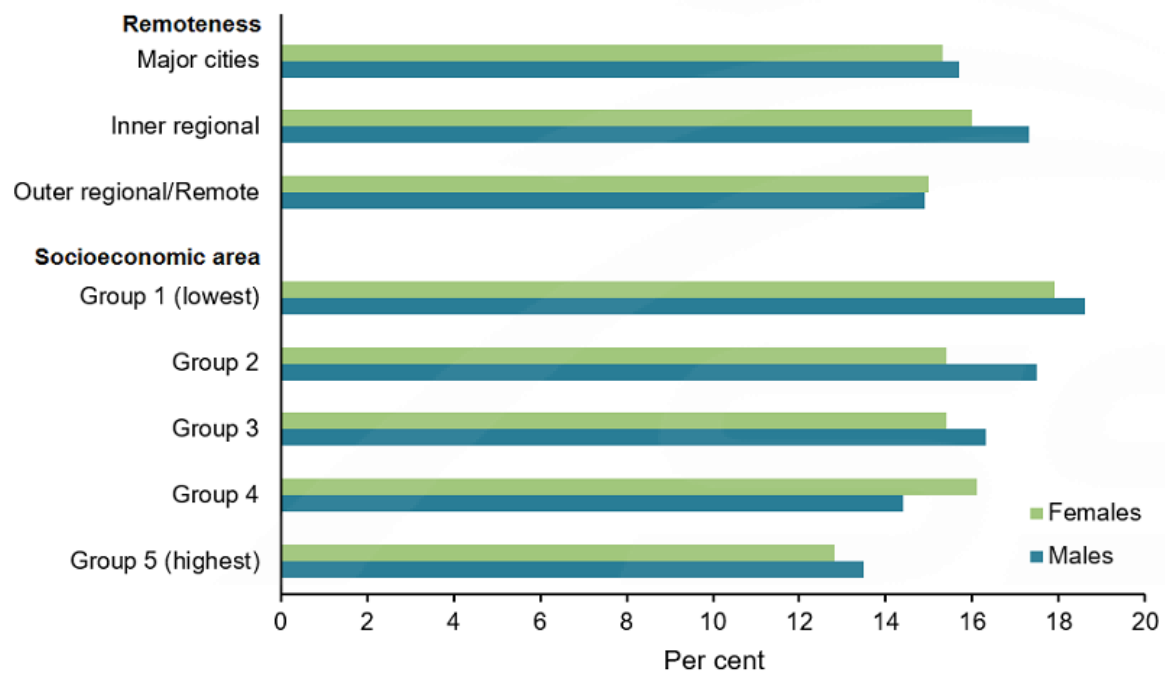
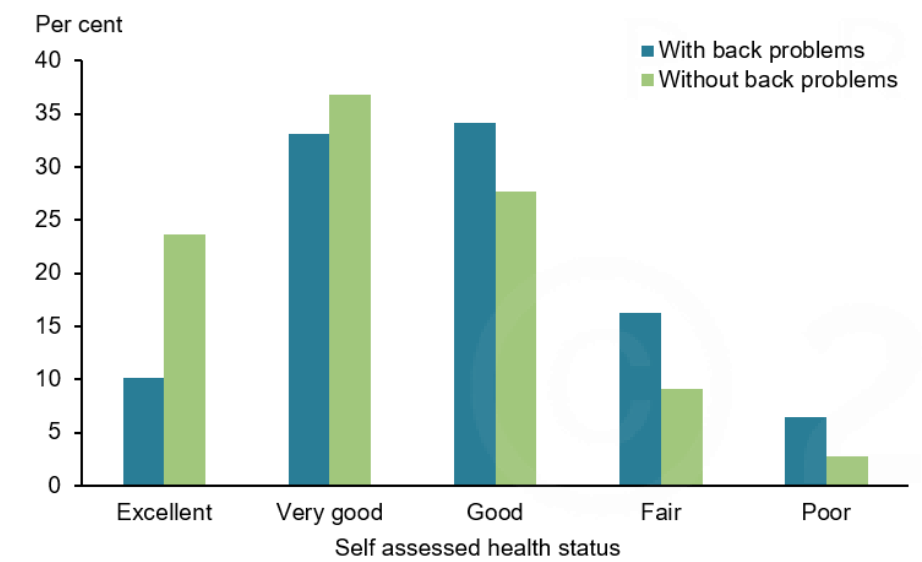


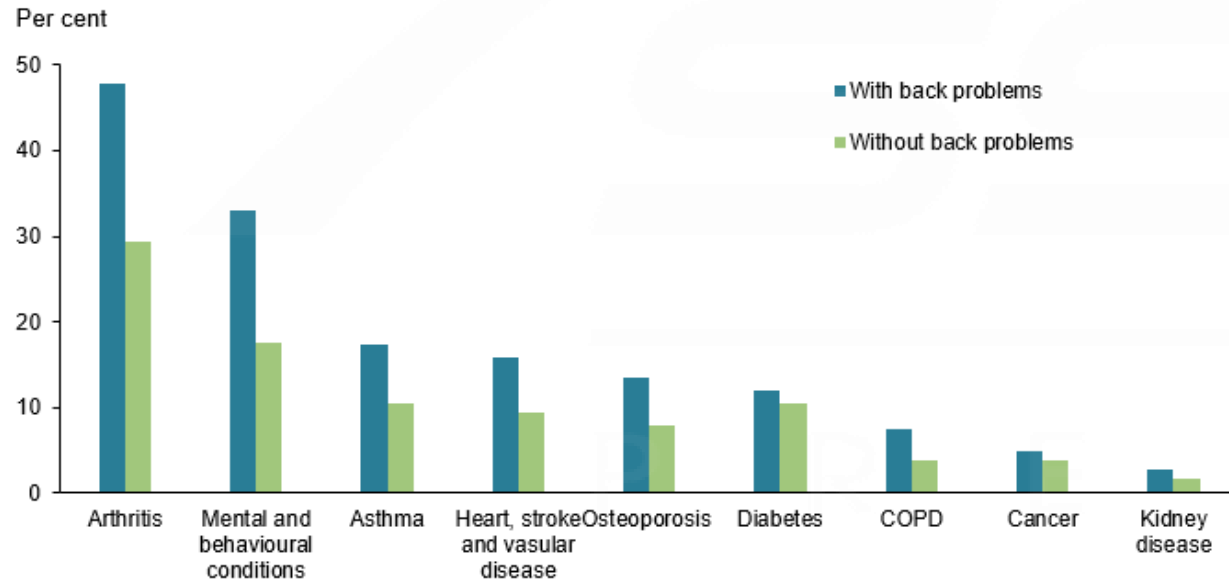
Figure 4: Self-assessed health of people aged 15 and over with and without back problems, 2017-1



Prevalence of LBP in Australians

Recent statistics show people living in the lowest socioeconomic areas and people with poor health status are reported to have higher levels of low back pain.

Comorbid chronic conditions in people with and without back problems > 45yrs



- **48%** have arthritis vs 29% without back pain
- **34%** mental or behavioral condition vs 18% without back pain

© 2023-2024

Burden of Disease LBP in Australia

- 2nd Leading cause of Disease Burden in Australia (Fatal & Non-Fatal)
- Back pain and problems were the number one leading cause of non-fatal disease burden among males, females and overall, accounting for 8.1% of total non-fatal disease burden in Australia.





Cost of LBP in Australia

- Back pain costs \$4.8 billion on the Australian health system each year
- Back pain is the number 1 reason for lost work productivity and early retirement
- The Australia government is taking action by releasing The Low Back Pain Clinical Care Standard to health care practitioners





Review of Learning #1 Injury Prevalence & Education

- 30yr old male client has experienced his first episode of acute lower back pain
- He is fearful and worried that this isn't normal for young people to experience pain like this
- He also reports he suffers from anxiety, and he hasn't been able to assist his wife with their children since injuring his back



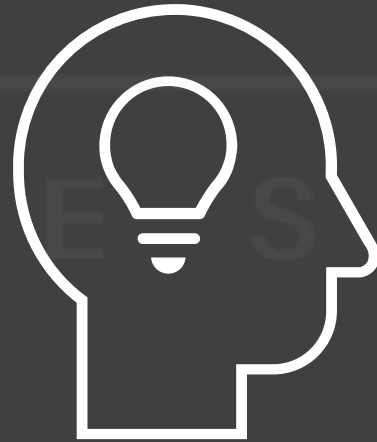
Review of Learning #1 Injury Prevalence & Education



What education and advice would you give to this client to assist him with understanding the prevalence of his pain reporting, how may this be helpful with settling his fears and concerns?



Review of Learning #1 Injury Prevalence & Education



- Reiterate that this is a common concern with young adults between the ages of 24-34 and that most people will experience back pain throughout their lifetime
- Provide some reassurance that due to the significant burden of LBP in Australia we have some clear guidelines on appropriate and effective treatment interventions