

11th Interdisciplinary World Congress on
Low Back and Pelvic Girdle Pain

MELBOURNE
AUSTRALIA

MELBOURNE CONVENTION & EXHIBITION CENTRE

1 - 4 // 11 // 2023



PROGRAM



Welcome to Melbourne!

Dear Colleagues,

We are pleased to announce that the 11th Interdisciplinary World Congress on Low Back & Pelvic Girdle Pain will be held at the Melbourne Convention & Exhibition Centre, Australia, from 1st-4th November 2023.

This would be the second time Melbourne has hosted this event. If you haven't yet had a chance to visit, now is your chance to find out why we love it so much!

Melbourne has a rich multicultural diversity and is Australia's sporting, cultural and food capital. It is a city that has much to offer- festivals, theatre, museums and an excellent food scene. Take some time to explore the coast, parks and nature reserves. No matter what time of year, there are plenty of activities, attractions and things to do and see. November welcomes longer spring days and mild temperatures so you can enjoy everything Melbourne has to offer.

We look forward to welcoming all researchers, students and professionals to take part in the scientific discussion and contribute to the future knowledge in the field of lumbopelvic pain. The four-day congress will ensure that the latest developments will be presented across a range of topics appealing to the global profession. This includes keynote sessions conducted by international speakers in their respected fields.

In addition, optional pre and post congress workshops are available for those looking for more hands on learning.

Don't miss this chance to connect with industry colleagues and friends, see you in Melbourne!

Sincerely,

The World Congress LBPGP Chairmen and Scientific Committee

Andry Vleeming, Paul Hodges, Lieven Danneels, Britt Stuge, Jaap van Dieën, Bengt Stureson, Robert Schleip, Carla Stecco, Hanne Albert, Jan Hartvigsen, Bart Koes, Thomas Kibsgård, Linda van Dillen, Annelie Gutke, Nadine Foster, Jon Ford, Paulo Ferreira, Steven Kamper, Lorimer Moseley, Peter O'Sullivan



PROGRAM CHAIRS

Andry Vleeming, Belgium
Lieven Danneels, Belgium

SCIENTIFIC COMMITTEE

Andry Vleeming, Belgium
Paul Hodges, Australia
Lieven Danneels, Belgium
Britt Stuge, Norway
Jaap van Dieën, The Netherlands
Bengt Stuesson, Sweden
Robert Schleip, Germany
Carla Stecco, Italy
Hanne Albert, Denmark
Jan Hartvigsen, Denmark
Bart Koes, The Netherlands
Thomas Kibsgård, Norway
Linda van Dillen, USA
Annelie Gutke, Sweden
Nadine Foster, Australia
Jon Ford, Australia
Paulo Ferreira, Australia
Steven Kamper, Australia
Lorimer Moseley, Australia
Peter O'Sullivan, Australia

ENDORISING ORGANISATIONS

- Australian Physiotherapy Association
- Osteopathy Australia
- Axxon Belgium – the Belgian Physiotherapy Professional Association
- Afghan Association for Physical Therapy
- American Academy of Orthopaedic Manual Physical Therapy (AAOMPT)
- American Academy of Osteopathy (AOA)
- American Physical Therapy Association (APTA) Orthopaedic Section
- Asia-Oceanian Society of Physical and Rehabilitation Medicine (AOSPRM)
- APOA Asia Pacific Orthopaedic Association
- ASCOFI, Asociacion Colombiana de Fisioterapia
- Asociación Española de Fisioterapia
- Association of Academic Physiatrists
- Association of Chiropractic, Malaysia
- Australian Association of Musculoskeletal Medicine AAMM
- Australian Chiropractors Association
- Australasian College of Sports Physicians
- Australian Pilates Method Association
- Bahrain Physical Therapy Association (BPTA)
- Bangladesh Physiotherapy Association
- Belgian Back Society
- Belgian Chiropractors Union
- Cambodian Physiotherapy Association
- Canadian Academy of Manipulative Therapists
- Canadian Physiotherapy Association – Womens Health Division
- Canadian Physiotherapy Association-Orthopaedic Division
- Chiropractic Association of Ireland
- Chiropractic Association of South Africa
- Chiropractic Australia
- Danish Association of Musculoskeletal Medicine (DSMM)
- Danish Musculoskeletal Physiotherapy Ass. DMPA
- Danish Physiotherapy Association
- Department of Rehabilitation, Sciences and Physiotherapy, University of Ghent
- Emirates Medical Association and Physiotherapy Society
- European Chiropractors' Union (ECU)
- European Roling Association
- Exercise & Sports Science Australia ESSA
- Fascia Research Society
- Hong Kong Physiotherapy Association



- International Academy of Osteopathy (IAO)
- International Association of Structural Integrators
- International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT)
- International Federation for Manual and Musculoskeletal Medicine
- International Organization of Physical Therapists in Women's Health
- International Pelvic Pain Society
- International Society of Clinical Rehabilitation specialists (I.S.C.R.S.)
- International Society of physical and Rehabilitation Medicine (I.S.P.R.M.)
- Iran Sports Medicine Federation
- Institute of Registered Myotherapists of Australia (IRMA)
- Japanese Association of Chiropractors
- Japanese society of musculoskeletal physical therapy
- Japanese Physiotherapy Association
- Keurmerk Fysiotherapie
- Korean Academy of Cyriax Orthopaedic Medicine
- Kuwait Physical Therapy Association
- Malaysian Physiotherapy Association
- Manipulation Association of Chartered Physiotherapists, U.K.
- Manual Therapy Association Belgium (MATHERA)
- McKenzie Institute International
- Musculoskeletal Physiotherapy Association (MPA)
- Myopain Seminars
- Nederlandse Vereniging voor Osteopathie
- New Zealand Chiropractors Association
- New Zealand Manipulative Physiotherapist Association (NZMPA)
- Nepal Physiotherapy Association
- North American Institute of Orthopaedic Manual Therapy (NAIOMT)
- North American Spine Society
- Norwegian Manual Therapist Association
- Ontario Association of Osteopathic Manual Practitioners
- Osteopaths New Zealand
- Physical Therapy Association of the Republic of China – Taiwan
- Physiotherapy New Zealand
- Philippine Physical Therapy Association
- Saudi Association of Neurological Surgery
- Saudi Physical Therapy Association
- Singapore Orthopaedic Society
- Singapore Physiotherapy Association
- Sociedad Iberoamericana de Información Científica (SIIC)



- Sociedade Brasileira de Fisioterapia
- SOMTY Finnish Association of Orthopaedic Manual Therapists
- SOTO-USA
- South African Society of Physiotherapy
- Spanish Association of Physiotherapists
- Spine Society of Australia
- Swedish Naprapathic Association
- Taiwan Physical Therapy Association
- Registered Massage Therapist Association of British Columbia
- The Rolf Institute of Structural Integration
- The Vert Mooney Spine & Sport Foundation
- Turkish Physiotherapy Association
- University of New England, Medical faculty of Osteopathic Medicine
- Vereniging voor Sportgeneeskunde
- Verein zur Förderung der Faszienforschung e.V
- World Federation of Chiropractic
- World Spine Society – WSS

With the kind support from the following publications:

- Elsevier Limited
- Journal of Manipulative and Physiological Therapeutics
- Journal of Orthopaedic & Sports Physical Therapy JOSPT
- Spinal News
- The Journal of Rheumatology



PROGRAM AT A GLANCE

TUESDAY 31 st Oct	WEDNESDAY 1 st NOV	THURSDAY 2 nd NOV	FRIDAY 3 rd NOV	SATURDAY 4 th NOV	SUNDAY 5 th NOV
WORKSHOPS	ANATOMY, BIOMECHANICS & MOTOR CONTROL LUMBAR PAIN	EXERCISE ADVANCES IN TECHNOLOGY	FASCIA PELVIC GIRDLE PAIN	PRIMARY CARE PANEL T.B.A	
	LUNCH	POSTER PRESENTATIONS	POSTER PRESENTATIONS	LUNCH	WORKSHOPS
	EDUCATIONAL & BEHAVIORAL THERAPIES SURGERY	PARALLEL SESSIONS SURGERY FASCIA PELVIC GIRDLE PAIN EXERCISE ADVANCES IN TECH SELF MANAGEMENT PRIMARY CARE	PARALLEL SESSIONS LUMBAR PAIN ANATOMY BIOMECHANICS & MOTOR CONTROL EDUCATIONAL AND BEHAVIORAL THERAPIES GALA	SELF MANAGEMENT & LIFESTYLE INTERVENTIONS IN LBP CLOSING CEREMONY	

PRELIMINARY PROGRAM

Tuesday, October 31st

17.30 – 18.30 **Pre-Registration**

17.30 - 18.30 **Welcome Reception**

Wednesday, November 1st

07.00 **Registration open**

MAIN SESSION

GOLDFIELDS THEATRE

08.25 **Welcome**
Paul Hodges, Andry Vleeming

Anatomy, Biomechanics & Motor Control: Changes in motor control with low-back pain; causes, effects and clinical implications
Moderators: Jaap van Dieën, Paul Hodges & Andry Vleeming

08.30 **Introduction**
Jaap van Dieën

08.35 **Changes in trunk motor control with LBP, causes and effects**
Jaap van Dieën

08.55 **Changes in trunk muscle properties with LBP**
Paul Hodges

09.15 **Subgroups of lumbo-pelvic flexion kinematics**
Robert Laird

09.25 **Postural threat and motor control**
Meta Wildenbeest

09.35 **Stress shielding within lumbar musculoskeletal soft tissues**
Emily Newell



- 09.45 **Ultrasound imaging of multifidus muscle composition**
Patricio Pincheira
- 09.55 **Discussion**
- 10.15 **Morning break**
- Lumbar Pain- One Size does not fit all** **GOLDFIELDS THEATRE**
Moderators: Hanne Albert & Jon Ford
- 10.45 **Introduction**
Hanne Albert
- 10.50 **T.B.A**
Hanne Albert
- 11.10 **T.B.A**
Jon Ford
- 11.30 **Physiotherapy aided by a clinical decision support system versus standard physiotherapy for treating persistent low back pain: Results of a pilot randomised controlled trial**
Andrew Hahne
- 11.40 **Effectiveness of conservative management for lumbar disc herniation with associated radiculopathy: A systematic review and meta-analysis update**
Musa Sani Danaazumi
- 11.50 **Does the presence of inflammation impact surgical and conservative management outcomes for people with lumbar disc herniation with associated radiculopathy?**
Andrew Hahne
- 12.00 **Predictors and moderators of response to chiropractic spinal manipulative therapy for chronic primary low back pain: A mechanistic randomized controlled trial**
Carlos Gevers-Montoro
- 12.10 **Discussion**

- 12.30 **Lunch break**
- Educational and Behavioural Therapies** **GOLDFIELDS THEATRE**
Moderators: Lorimer Moseley & Peter O'Sullivan
- 13.30 **Introduction**
Peter O'Sullivan
- 13.35 **T.B.A**
Peter O'Sullivan
- 13.55 **T.B.A**
Lorimer Moseley
- 14.15 **Mechanisms of education and graded sensorimotor retraining in people with chronic low back pain**
Aidan Cashin
- 14.25 **What pain concepts do 'improved' and 'not improved' consumers value at long-term follow up? A survey on the relevance of target concepts after pain science education for chronic back or pelvic pain**
Hayley Leake
- 14.35 **Cognitive Functional Therapy with or without movement sensor biofeedback versus usual care for chronic, disabling low back pain (RESTORE)**
Mark Hancock
- 14.45 **Patient beliefs about imaging for low back pain management and perceptions of commonly reported imaging terms**
Jessica Witherow
- 15.55 **Discussion**
- 16.15 **Afternoon Break**



Surgery

GOLDFIELDS THEATRE

Moderators: Bengt Sturesson & Thomas Kibsgård

- 16.45 **Introduction**
Bengt Sturesson
- 16.50 **T.B.A**
Bengt Sturesson
- 17.10 **T.B.A**
Thomas Kibsgård
- 17.30 **T.B.A**
David Polly
- 17.50 **Minimally invasive sacroiliac joint fusion versus sham surgery as treatment for sacroiliac joint pain**
Engelke Marie Randers
- 18.00 **Discussion**
- 18.20 **Closure**

Thursday, November 2nd

MAIN SESSION

GOLDFIELDS THEATRE

Exercise interventions

Moderators: Lieven Danneels & Linda van Dillen

- 08.25 **Introduction**
Lieven Danneels & Linda van Dillen
- 08.30 **T.B.A.**
Lieven Danneels
- 08.50 **T.B.A.**
Linda van Dillen
- 09.10 **WalkBack: Effectiveness and cost-effectiveness of a progressive, individualised walking and education program for prevention of low back pain recurrence**
Natasha Pocovi
- 09.20 **HITHOME – Technology supported high intensity training at home for persons with chronic low back pain: A pilot cohort study**
Jonas Verbrugghe
- 09.30 **speaker 5**
T.B.A
- 09.40 **speaker 6**
T.B.A
- 09.50 **Discussion**
- 10.10 **Morning break**



Advances in Technology

GOLDFIELDS THEATRE

Moderators: Paul Hodges & Paulo Ferreira

- 10.40 **Introduction**
Paul Hodges
- 10.45 **T.B.A.**
Paul Hodges
- 11.05 **T.B.A.**
Paulo Ferreira
- 11.25 **Repetitive transcranial magnetic stimulation alone and in combination with motor control exercise for the treatment of individuals with chronic non-specific low back pain: the ExTraStim sham-controlled randomised controlled trial**
Hugo Massé-Alarie
- 11.35 **Effectiveness of an eHealth-delivered physical activity program to EMpower People with musculoskeletal pain in Rural communities (EMPower): A randomised controlled trial**
Carlos Mesa Castrillon
- 11.45 **Phenotyping Low Back Pain from Video Capture using Computer Vision and Machine Learning**
Liba Sheeran
- 11.55 **The application of markerless technology and deep learning for the assessment of spine movement patterns and dysfunction**
Jessica Wenghofer
- 12.05 **Discussion**
- 12.25 **LUNCH BREAK & POSTER PRESENTATIONS (1HOUR 15MINS)**
- 13.40 **Begin Parallel Sessions I , II , III**

- 13.40 **Introductions parallel sessions**
- 13.40 Parallel session I- Surgery, Location T.B.A
- 13.40 Parallel session II- PGP, Location T.B.A
- 13.40 Parallel session III- Advances in Technology, Location T.B.A & Parallel session VI- Self Management, Location T.B.A
- 15.25 **Afternoon Break**
- 15.55 Parallel session V- Fascia Location T.B.A
- 15.55 Parallel session VI- Exercise T.B.A
- 15.55 Parallel session VII- Primary Care T.B.A
- 17.00 **Discussion** and Closure of parallel sessions



Friday, November 3rd

Fascia

GOLDFIELDS THEATRE

Moderators: Robert Schleip & Carla Stecco

- 08.25 **Introduction**
Robert Schleip & Carla Stecco
- 08.30 **Coordination between trunk muscles, thoracolumbar fascia and intra-abdominal pressure toward static spine stability**
Mark Driscoll
- 08.50 **Impact of hormonal and mechanical inputs into fasciae**
Carla Stecco
- 09.10 **Interactions between fascia, the autonomic nervous system and immune regulation**
Robert Schleip
- 09.30 **Fascia tissue manipulation using skin displacement at the lumbar spine affects flexion and extension of the spine, pelvic and hip range of motion**
Robbert Van Amstel
- 09.40 **What are the long-term outcomes for diastasis rectus abdominis? A qualitative research study**
Diane Lee
- 09.50 **Muscle spindles of the multifidus muscle undergo structural change after intervertebral disc degeneration**
Gregory James
- 10.00 **Discussion**
- 10.10 **Morning break**

Pelvic Girdle Pain - Listen to patients with pelvic girdle pain – Worldwide prevalence, causes and care

Pelvic Girdle Pain (PGP) is an increasingly recognized condition in clinical work and research worldwide. Evidence based practice should be based on the integration of best research evidence with clinical expertise and patient values. This session will focus on current evidence of multinational prevalence of PGP, and highlight beliefs and expectations of causes and care among patients and health care providers. Active patient engagement in research is another novelty to be presented and discussed.
Moderators: Britt Stuge & Annelie Gutke

- 10.40 **Introduction**
Britt Stuge
- 10.45 **Pelvic girdle pain today**
Britt Stuge
- 10.55 **Is Ethnicity associated with Pelvic Girdle Pain during pregnancy and early postpartum?**
Hilde Stendal Robinson HS
- 11.05 **Prevalence and factors associated with pregnancy-related pelvic girdle pain in Australian women**
Dragana Cernja
- 11.15 **A dynamic model for active patient engagement in low back pain and pelvic girdle pain**
Ingrid Bånerud
- 11.25 **Pelvic girdle pain tailored to patient and context**
Annelie Gutke
- 11.35 **Perceived cause of Pelvic Girdle Pain by primiparae and the influence of healthcare Providers**
Esther van Benten
- 11.45 **Drivers, barriers, and response to care of Australian pregnant women seeking chiropractic care for low back and pelvic girdle pain**
Maria Bernard-Giglio



- 11.55 **Expertise and individually tailored interventions are expected by pregnant women with pelvic girdle pain when they seek physiotherapy**
Annika Svahn Ekdahl
- 12.05 **Discussion**
- 12.25 **Lunch Break and Poster Presentations (1 hour 15mins)**
- 13.40 Introductions parallel sessions
- 13.40 Parallel session VIII- Lumbar Pain
- 13.40 Parallel session IX Anatomy, Biomechanics, Motor control
- Parallel session X- Educational and Behavioural therapies
- 17.15 **Closure**
- 19.15 **Gala**
Venue: Zinc Federation Square (registration is mandatory)
Buses will depart outside Pan Pacific Hotel at 19.00 hours.

Saturday, November 4th

MAIN SESSION

GOLDFIELDS THEATRE

- Primary Care**
Moderators: Bart Koes & Nadine Foster
- 08.45 **Introduction**
Bart Koes
- 08.50 **Management of sciatica in primary care**
Bart Koes
- 09.10 **Can e-health help primary care management of low back pain, and what is needed next?**
Nadine Foster
- 09.30 **Australian standards for back pain, recommendations and implementation and evaluation plan**
Chris Maher (15mins)
- 09.45 **Factors influencing general practitioners' choices in prescribing analgesic medicines to patients with chronic low back pain: A discrete choice experiment**
Melanie Hamilton
- 09.55 **Reassurance for low back pain in primary care: A scoping review**
Anika Young
- 10.05 **Cost-effectiveness of physiotherapy-led care versus physician led care for patients with low back pain: A systematic review**
Pieter Severijns
- 10.15 **Discussion** (15mins)
- 10.30 **Morning Break**
- 11.00 PANEL Discussion T.B.A.
- 12.30 **Lunch Break**



Self-management & Lifestyle interventions

Moderators: Jan Hartvigsen & Steven Kamper

- 13.30 **Introduction**
Jan Hartvigsen
- 13.35 **Self-management in back pain care: What, why, how**
Jan Hartvigsen
- 13.55 **Lifestyle interventions for low back pain. What are they and what is the evidence that they benefit people?**
Steven Kamper
- 14.15 **The impact of aggregate positive lifestyle behaviours on low back pain resilience and care seeking**
Katharine Roberts
- 14.25 **Is low back pain something adolescents can manage on their own? Findings from an interview-based investigation in care seeking adolescents**
Christian Straszek
- 14.35 **Co-production of BACK-on-LINETM, a work-based digital self management of low back pain, for implementation and scaleup the rail industry**
Liba Sheeran
- 14.45 **Case description of unique global health outcomes in a patient with musculoskeletal pain enrolled in a novel intensive lifestyle medicine program**
Heidi Prather
- 14.55 **Discussion**
- 15.15 **CLOSING CEREMONY & POSTER PRIZES**

Wednesday, November 1st

13.40 **Begin Parallel Sessions I , II , III**

PARALLEL SESSION I

SURGERY

Moderators: Bengt Sturesson & Thomas Kibsgård

- 13.40 **Introduction**
Bengt Sturesson and Thomas Kibsgård
- 13.45 **Relationship between patient baseline lifestyle-related comorbidities and lumbar spine surgery post-operative course**
Heidi Prather
- 13.55 **Minimally invasive SI joint fusion patient reported outcomes in obese patients**
Kari Odland
- 13.05 **Comparative effects of discectomy, physiotherapy or advice for people with lumbar disc herniation with associated radiculopathy**
Andrew Hahne
- 14.15 **REACT rehabilitation pathway for lumbar fusion surgery: Interim results of a hybrid effectiveness-implementation study**
Liedewij Bogaert
- 14.25 **Osseointegration in minimally invasive sacroiliac joint fixation implants - A study of titanium triangular implants removed from in vivo after 6 months**
Engelke Marie Randers
- 14.35 **Computed tomography-guided sacroiliac joint intra-articular injections: Success rate and technical issues**
Daisuke Kurosawa
- 14.45 **Surgical outcomes of patients with sacroiliac joint pain: An analysis of patients with poor results regarding activities of daily living**
Daisuke Kurosawa



14.55 **Surgical versus non-surgical treatment for sciatica: A systematic review and meta-analysis**
Christine Lin

15.05 **Spinal cord stimulation for low back pain: a Cochrane review**
Adrian Taeger

15.15 **Discussion**

15.25 **Afternoon Break**

PARALLEL SESSION II

Pelvic Girdle Pain

Moderators: Britt Stuge & Annelie Gutke

13.40 **Introduction**
Britt Stuge & Annelie Gutke

13.45 **Sacroiliac joint pain increases repositioning error during active straight leg- raising**
Tsuyoshi Morito

13.55 **Living with pelvic girdle pain in pregnancy amongst Australian women: A qualitative study**
Dragana Cernja

14.05 **Differences in Healthcare Providers' Illness Perceptions of Pregnancy related Pelvic Girdle Pain**
Esther van Bentem

14.15 **Caring for women with pregnancy-related pelvic girdle pain: Perceptions, beliefs and experiences of healthcare workers in Australia**
Dragana Cernja

14.25 **The effectiveness of exercise for pregnancy-related lumbopelvic pain: A systematic review and meta-analysis of randomized control trials**
Mina Mladenovic



14.35 **Exercising after pregnancy and its impact on pelvic symptoms and muscle recovery: A longitudinal prospective cohort study**
Sabine Vesting

14.45 **Postpartum evaluation of individualised physiotherapy interventions in pregnancy for pelvic girdle pain**
Annika Svahn Ekdahl

14.55 **Risk factors for Pelvic Girdle Pain and Pregnancy Related Low Back Pain Postpartum - A systematic review and meta-analysis**
Maaïke Wiezer

15.05 **The Dutch language version of the Pelvic Girdle Questionnaire Translation and confirmative factor analysis in women with pelvic girdle pain**
Annelies Pool-Goudzwaard

15.15 **Discussion**

15.25 **Afternoon Break**

PARALLEL SESSION III

Advances in Technology

Moderators: Paul Hodges & Paolo Ferreira

13.40 **Introduction**

13.45 **Machine Learning Derived Lifting Techniques and Pain Self-Efficacy in People with Chronic Low Back Pain**
Trung Phan

13.55 **Convolutional neural networks for the automatic segmentation of lumbar paraspinal muscles in people with low back pain**
Eddo Wesselink

14.05 **Assessment of spinal and pelvic kinematics using inertial measurement units in people with persistent low back pain**
Liba Sheeran



- 14.15 **How we measure movement matters; changes in forward bending over the course of Cognitive Functional Therapy for chronic low back pain**
Ruth Chang
- 14.25 **Feasibility and reliability in using Ultrasound Shear Wave Elastography on measuring stiffness of the psoas major and quadratus lumborum muscles**
Fengming Zhou

14.35 **Discussion** (8mins)

Parallel session IV

Self Management & Lifestyle Interventions

Moderators: Jan Hartvigsen & Steven Kamper

- 14.45 **Intro**
Jan Hartvigsen & Steven Kamper
- 14.50 **Effectiveness of a coordinated discharge support system for reducing health care use in patients with chronic low back pain: A randomised controlled trial**
Emma Ho
- 15.00 **Person-specific characteristics moderate the effect of motor skill training in adults with low back pain**
Vanessa Lanier
- 15.10 **Booster prescription and outcomes in adults with low back pain**
Vanessa Lanier
- 15.20 **The effect of self-management interventions on musculoskeletal disorders in musicians: A scoping review**
Noudy Eleryan
- 15.30 **Discussion**
- 15.40 **Afternoon Break**



PARALLEL SESSION V

FASCIA

Moderators: Robert Schleip & Carla Stecco

- 16.05 **Intro**
Robert Schleip and Carla Stecco
- 16.10 **Fascia in relation to pressure systems: The missing link in comprehending comorbidity in lumbopelvic pain?**
Jan-Paul Wingerden
- 16.20 **Associations between deformation of the thoracolumbar fascia and activation of the erector spinae and multifidus muscle in patients with acute low back pain and healthy controls**
Andreas Brandl
- 16.30 **Ultrasound Imaging of Thoracolumbar fascia in Low Back Pain: A cross-sectional study**
Carmelo Pirri
- 16.40 **Are fascial strains involved in chronic pelvic pain syndrome? An exploratory matched case-control study**
Daniele Origo
- 16.50 **Pelvic external myofascial mobilization improves outcomes of chronic pelvic pain with long lasting effects**
Ajimsha MS
- 17.00 **Thoracolumbar fascia morphology of those with and without lower back pain: An observational ultrasound study**
Claire Melanie Boucher
- 17.10 **Discussion and Closure**



PARALLEL SESSION VI

Exercise

Moderators: Lieven Danneels & Linda van Dillen

- 16.05 **Intro**
Lieven Danneels & Linda van Dillen
- 16.10 **Association between different amounts of physical activity and sedentary behaviour and the trajectory of low back pain**
Meiyi Huo
- 16.20 **Beneficial and harmful effects of physical activity or sedentary behaviour on care-seeking for low back pain**
Emma Ho
- 16.30 **Motor control training for symptomatic lumbar disc herniation: A systematic review and meta-analysis**
Mohammadreza Pourahmadi
- 16.40 **BREATHE-(H)IT Trial protocol: High-intensity training to improve diaphragm functioning in persons with chronic nonspecific low back pain**
Sim Klaps
- 16.50 **The effects of exercise therapy on the muscle structure of low back muscles in low back pain patients: A systematic review and meta-analysis**
Hannes Meirezone
- 17.00 **A protocol for a mixed methods feasibility study of a COMorbidity adapted Exercise program for low BACK pain in older adults (COMEBACK)**
Katie de Luca
- 17.10 **Discussion and Closure**

PARALLEL SESSION VII

PRIMARY CARE

Moderators: Bart Koes & Nadine Foster

- 16.05 **Intro**
Bart Koes & Nadine Foster
- 16.10 **The Observable Movement Quality scale for patients with low back pain: Validity, reliability and feasibility in primary care**
Margriet van Dijk
- 16.20 **Efficacy of a psychologically-informed physiotherapy intervention in patients with chronic low back pain with a high level of psychosocial factors: A pilot and feasibility randomised controlled trial**
Hugo Masse-Alari
- 16.30 **Predictors of presenteeism in care workers with low back pain; longitudinal study, decision Tree Analysis**
Teppey Abiko
- 16.40 **General practitioners' decision-making process to prescribe pharmacological treatments for low back pain: A qualitative study**
Giovanni Ferreira
- 16.50 **Prognostic factors and treatment effect modifiers of musculoskeletal patients in primary care: Exploratory secondary analysis of the STEMS randomised trial of the offer of direct access to physiotherapy-led care**
James Zouch
- 17.00 **Reassurance for low back pain in primary care: A qualitative study**
Anika Young
- 17.10 **Discussion and Closure**



Friday, November 3rd

13.40 **Begin Parallel Sessions VIII, IX, X**

PARALLEL SESSION VIII

LUMBAR PAIN

Moderators: Hanne Albert & Jon Ford

- 13.40 **Intro**
Hanne Albert
- 13.45 **Leg length discrepancy is associated with lumbar disc disease :
A study of 350 postmortem specimens**
Bryce Ahn
- 13.55 **Reference standard for lumbar paraspinal muscle morphology
in people with and without low back pain**
Eddo Wesselink
- 14.05 **Prevalence of serious spinal pathology: clinical setting matters**
Alla Melman
- 14.15 **Sensory cortex reorganization in chronic low back pain: Solving
the riddle**
Michael Meier
- 14.25 **The association of low back pain with lumbar spine movement
control impairment syndromes – A Cohort study**
Peetu Rytönen
- 14.35 **Direction specific changes in trunk muscle synergies in
individuals with extension-related low back pain**
Hiroki Saito
- 14.45 **Diaphragm function in weightlifters with and without chronic
low back pain and its association with sports performance**
Fengming Zhou

- 14.55 **Risk factors for low back pain outcome: Does it matter when they
are measured?**
David Klyne
- 15.05 **Determining factors for return to work after a multidisciplinary
treatment in incapacitated workers with low back pain**
Tine Willems
- 15.15 **Racial and ethnic differences in the use of lumbar imaging,
opioid analgesics and spinal surgery for low back pain:
A systematic review and meta-analysis**
Qiuzhe Chen
- 15.25 **Strength and range of motion in the hip and trunk, and incidence
of low back pain in adolescent female football players – The
Karolinska football Injury Cohort (KIC) study**
Nathan Weiss
- 15.35 **Discussion**
- 15.45 **Afternoon break**
- 16.15 **Normalisation process theory (NPT) analysis of user experience
of BACK-to-FITTM – A novel digital intervention to promote
exercise self-management and physical activity in people with
low back pain**
Akushla Rathnayake
- 16.25 **Exploring the perceptions and experiences of patients and
healthcare professionals in Belgium's multidisciplinary program for
secondary prevention of low back pain**
Lisa Bernaers
- 16.35 **Coronavirus-2 infection is associated with low back pain:
Result from a case-control study**
Mohammad Ali
- 16.45 **Low back pain in Australian CrossFit participants: A national
survey**
Benjamin Lustig



16.55 **Discussion**

PARALLEL SESSION IX

ANATOMY/BIOMECHANICS & MOTOR CONTROL

Moderators: Jaap van Dieën, Paul Hodges, Andry Vleeming

13.40 **Intro**

Jaap van Dieën

13.45 **The effects of variations in lumbar spine curvatures on biomechanical behaviour**

Brittany Stott

13.55 **The female LBP conundrum**

Adele Stewart

14.05 **Sexual differentiation in sacroiliac joint rotational and shear motion zones. Implications for arthrodesis, LBP and pelvic girdle pain therapies**

Oluwatodimu Richard Raji

14.15 **The association between pain-related psychological factors and postural control in low back pain**

Sofie Van Wesemael

14.25 **Impact of psychological stress on back pain**

Timothy Doorson

14.35 **Lower limb proprioception and postural control strategies in people with low back pain**

Zhengquan Chen

14.45 **Validity of clinical examination of lumbopelvic sensorimotor control in low back pain**

Michiel Brandt

14.55 **An enhanced spine model validated for simulating dynamic lifting tasks in OpenSim**

Mohammadhossein Akhavanfar

15.05 **Quantification of trunk motor control strategies during multi-directional activities in participants with and without low back pain using muscle synergy analysis**

Seyed Javad Mousavi

15.15 **Within-session effects of treating spinal movement impairments during functional activities in people with acute low back presenting to the Emergency Department**

Linda van Dillen

15.25 **The correlation between balance and trunk extensor strength in patients with chronic low back pain with tightened hamstring**

Mohammadbagher Shamsi

15.35 **Discussion**

15.45 **Afternoon Break**

PARALLEL SESSION X

EDUCATIONAL AND BEHAVIOURAL THERAPIES

Moderators: Lorimer Moseley & Peter O'Sullivan

16.15 **Intro**

Lorimer Moseley & Peter O'Sullivan

16.20 **Development of consumer information leaflets to support TaperING of Opioids in older adults with low back pain and hip and knee osteoarthritis (TANGO)**

Alessandra Marcelo

16.25 **Expert Opinions to Develop an Electronic Sleep Intervention Tailored for Individuals with Low Back Pain: A Nominal Group Study**

Julian Comis

16.35 **Developing confident competence to deliver cognitive functional therapy for persistent low back pain: A qualitative investigation of training**

Phoebe Simpson

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- 16.45 **Whether and how to address mental health in the musculoskeletal care setting: Perspectives from spine patients and clinicians**
Abby Cheng
- 16.55 **Preferred modalities for mental health intervention delivered in the orthopedic clinic: Perspectives from spine patients and clinicians**
Abby Cheng
- 17.05 **Discussion**
- 17.15 **Closure**
- 19.15 **Gala** (buses depart 19.00)