

## **ABSTRACT**

**i. Title:** Cognitive functional approach to back pain

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### **iii. Learning objectives:**

Understand the key elements of cognitive functional therapy examination and management, and the evidence that underpins it.

### **iv. Summary:**

Cognitive functional therapy is a physiotherapist-led individualised behavioural approach to manage disabling back pain.

It is underpinned by contemporary best care practice guidelines. It is person centred, it screens for serious pathology as well as psychological barriers to recovery. In the examination It explores patients beliefs, as well as emotional and behavior responses to their pain. It utilises behavioral experiments to explore a patients barriers to engaging in their valued functional goals. It identifies barriers for people to engage in healthy lifestyle behaviors. it coaches people towards self-management.

Cognitive functional therapy has three key elements:

1. Making sense of pain - It provides a personalized evidence based biopsychosocial understanding of back pain and de-bunks unhelpful myths.
2. Exposure with control - it provides pain control strategies (body relaxation and graded movement exposure) to build people's confidence to return to painful, feared and avoided valued activities.
3. Lifestyle change - it addresses unhelpful lifestyle behaviors such as activity avoidance and sleep and dietary habits through health coaching.

A strong therapeutic alliance and motivational techniques underpin this intervention.

There is growing evidence that this approach results in greater long-term benefits over traditional Physiotherapy approaches. However, there are a number of barriers for physiotherapists embracing this approach.

### **v. Implications/Conclusions:**

Physiotherapists are challenged to align their practice toward best care guidelines. There is growing evidence that Cognitive functional therapy is one guideline-based approach that can reduce the disability burden for people with disabling back pain.

### **vi. Key words:**

clinical guidelines, cognitive functional therapy, behavior change, physical activity, lifestyle

### **vii. References or articles we can put on our website to support your presentation:**

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