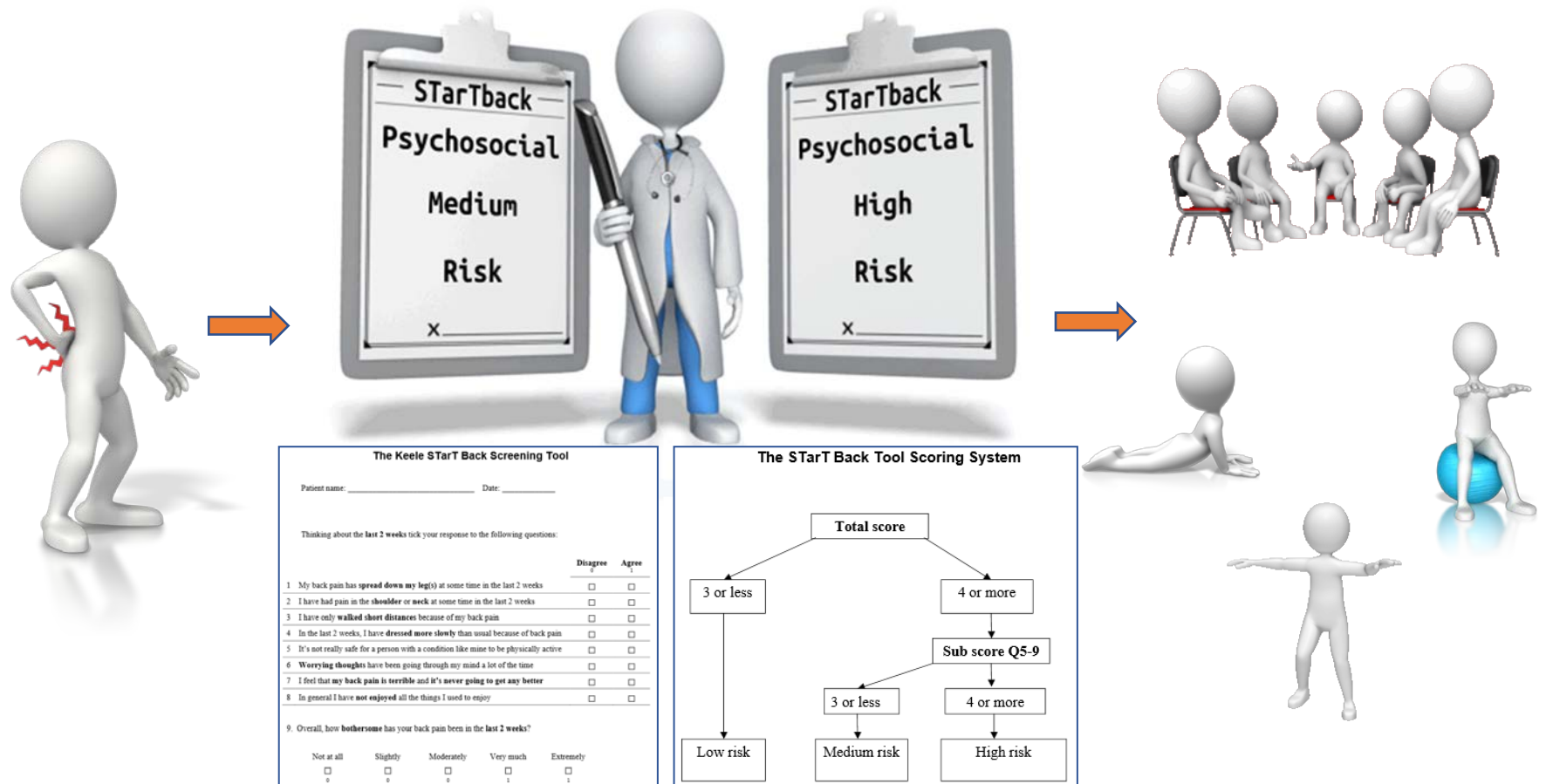


# StarT Back Approach of Group Rehabilitation Program for Medium and High Psychosocial Risk in Chronic Low Back pain



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# Methodology

**First  
evaluation**

1<sup>st</sup> physiotherapy evaluation to patient with chronic low back pain:  
Physical examination + STarT Back

**Patient  
invitation**

Invitation to patient who are ready, suitable and willing to participate in group therapy +  
Base line outcome measurement

**Group  
allocation**

High Risk Group  
(STGRP-HR)

Moderate Risk Group  
(STGRP-MR)

**Group  
Intervention**

- 5 weekly group intervention for 75min
- Group discussion + therapeutic exercise
- Strategies for enhancing functional self-efficacy beliefs
- Focus on
  - handling emotions
  - explore values and meaningful living
  - individual goal setting and action plan
  - problem-solving & coping skills

- 5 weekly group intervention for 60min
- Group discussion + therapeutic exercise
- Strategies for enhancing functional self-efficacy beliefs
- Focus on
  - functional restoration
  - task oriented practice

**Post  
evaluation**

Re-evaluation of outcome measures

# Class interventions

STarTback - **High Risk Group** (STGRP-HR) : **PIP + PT**

STarTback - **Moderate Risk Group** (STGRP-MR) : **PT**

## Psychological Informed Practice

### (PIP)

- Explore unhelpful beliefs
- Education on influential predictors of chronicity
  - Fear, anxiety, low mood
- Handle emotions
- Explore value and goal setting
- Problem-solving skills
- Management for flare up

## Physical Training

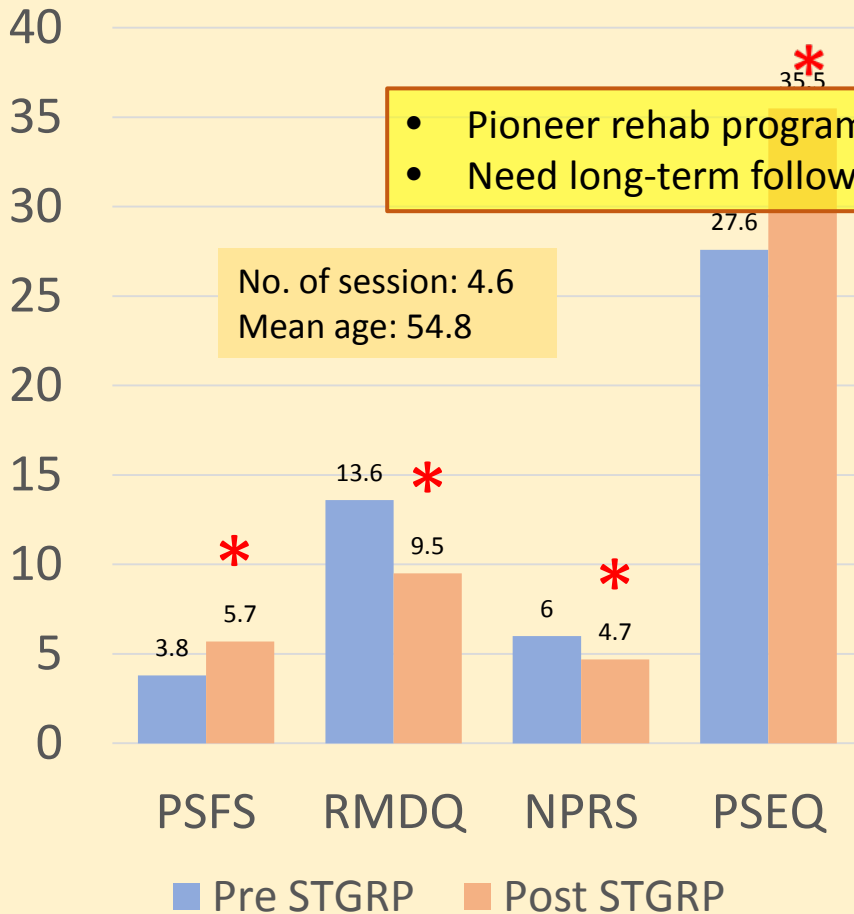
### (PT)

- Specific PT intervention (from physical findings)
- Tailored for specific needs
- Translate into functional improvements & reduced disability and have an end of time

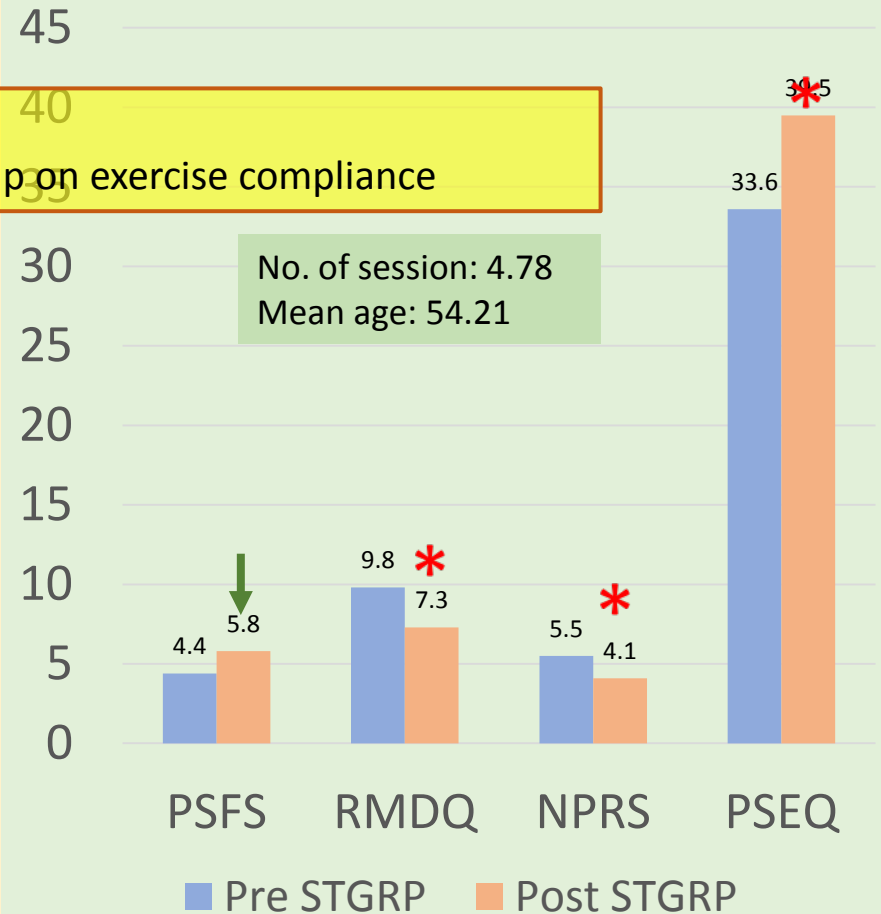


# Results

## Outcome measures pre- and post- STGRP (HR) (N=90)



## Outcome measures pre- and post-STGRP (MR) (N=56)



PSFS – Patient-specific functional Scale  
NPRS – Numeric Pain Rating Scale  
\* = significant improvement

RMDQ – Roland Morris Disability Questionnaire  
PSEQ – Pain Self Efficacy Questionnaire

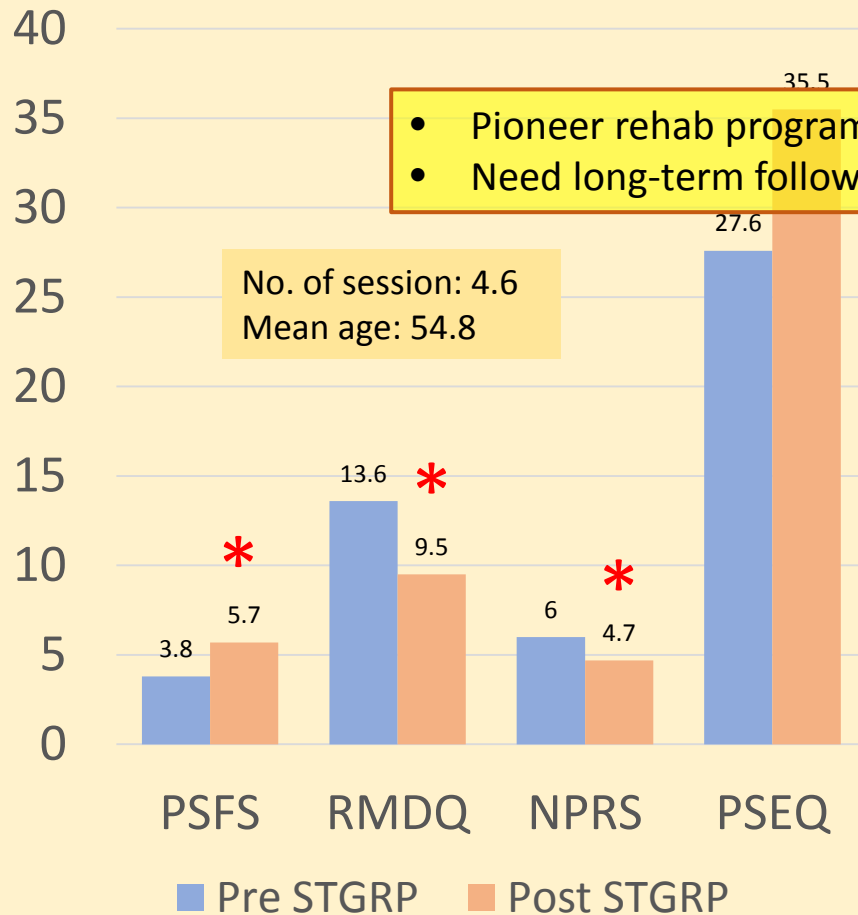
# Conclusion

- It was **feasible to use STarT Back screening tool** to identify psychological risk and **allocate for appropriate treatment** for chronic low back pain patients.
- In this cohort, **group therapy is effective** in managing high and moderate risk groups who were willing to participate
- Enhancement of physiotherapy program with **psychological informed practice** demonstrated **promising outcomes** (subjective pain intensity, physical disability and pain self-efficacy).
- It is advisable for **physiotherapists to equip with psychological informed practice approach** in managing complex low back pain patients



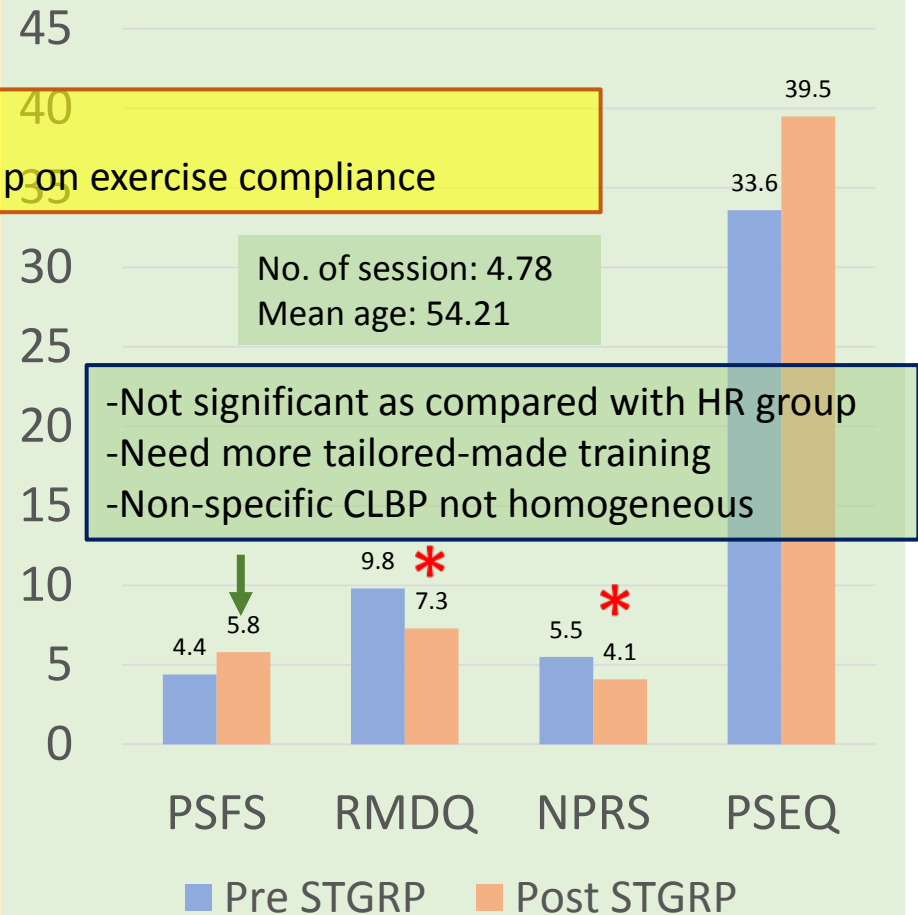
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