



INTRODUCTION

- Chronic low back pain (CLBP) is the most common musculoskeletal condition and can impact individuals' quality of life and work productivity.
- Individuals with CLBP have an altered perception of their pain and may experience a fear of movement, or kinesiophobia.
- "Kinesiophobia refers to an excessive, irrational, and debilitating fear of physical movement and activity resulting from a feeling of vulnerability due to painful injury or reinjury."

METHODS

Key terms: "kinesiophobia" OR "fear of movement" OR "fear-avoidance" AND "chronic" AND "low back pain" AND "intervention" AND "education"

Databases: CINAHL, Academic Search Ultimate, and Medline

Searches: September 2022 (n=5), January 2023 (n=3), Hand-selected (n=3)

11 articles used in the systematic review

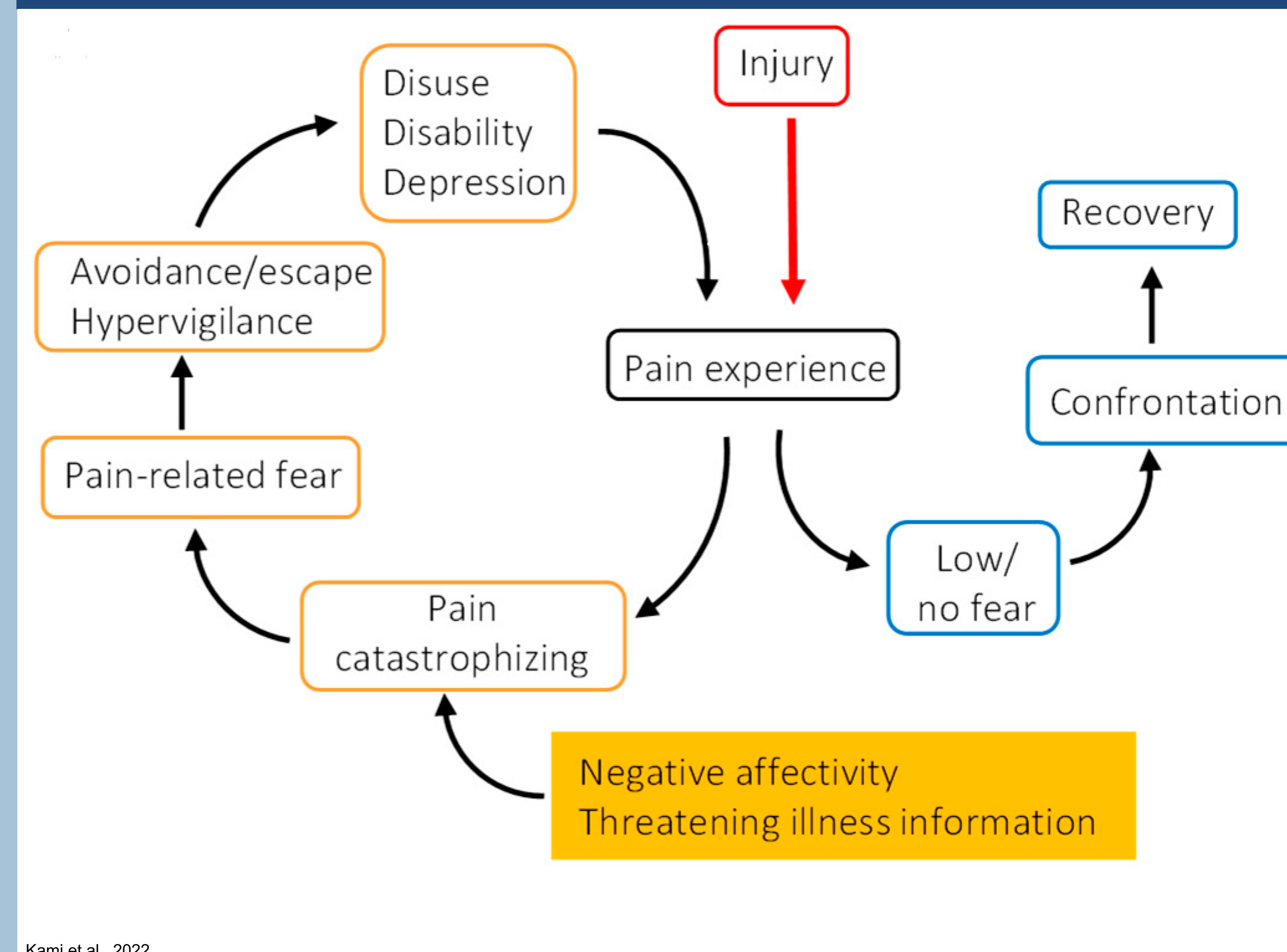
RESULTS

- Interventions included cognitive-based interventions, exercise-based interventions, manual therapy, or a combination of these.
- Areas assessed: disability, kinesiophobia, pain intensity, quality of life, and self-efficacy.
- There were various results regarding the improvements in areas assessed in the outcome measures, and not all articles utilized the same interventions.

PURPOSE

To evaluate the effectiveness of various physical therapy interventions in individuals with chronic low back pain who demonstrate kinesiophobia.

FEAR-AVOIDANCE BEHAVIOR MODEL



Kami et al., 2022

DISCUSSION AND CONCLUSION

- Although there were significant improvements in the outcome measures, there was not one clear protocol or intervention that is most effective when treating individuals with CLBP and kinesiophobia. Studies varied in use of interventions for groups and time of intervention.
- Inconclusive findings may be due to the interventions varying for the experimental and control groups and study length.
- Health literacy and education level were not considered.
- A variety of cognitive-based and exercise-based interventions, manual therapy, or a combination of the three, can be beneficial to patients with CLBP who present with kinesiophobia.

PHYSICAL THERAPY IMPLICATIONS

- In individuals who present with chronic low back pain and kinesiophobia, individualizing care is likely to be more effective than the utilization of any one type of intervention.
- Cognitive-based interventions, exercise-based interventions, and manual therapy all may reduce kinesiophobia and CLBP.
- Although not all patients will be willing to participate in cognitive-based interventions like pain neuroscience education, they may still show improvements through other physical therapy interventions.