

BACK FROM THE DRAWING BOARD: USEFUL IDEAS ABOUT CHRONIC AXIAL LUMBAR PAIN

References

1. Knezevic NN, Candido KD, Vlaeyen JW, Zundert J V, Cohen SP. Low back pain: Epidemiology, mechanisms, and treatment. In: *Lancet-Seminar Series*; 2021.
2. Maher C, Underwood M, Buchbinder R. Non-specific low back pain. *Lancet*. 2017;389(10070):736-747.
3. Urits I, Burshtein A, Sharma M, et al. Low Back Pain, a Comprehensive Review: Pathophysiology, Diagnosis, and Treatment. *Curr Pain Headache Rep*. 2019;23(3):23.
4. Hall H. Effective spine triage: Patterns of pain. *Ochsner Journal*. 2014;14(1):88-95.
5. Khorami AK, Oliveira CB, Maher CG, et al. Recommendations for diagnosis and treatment of lumbosacral radicular pain: A systematic review of clinical practice guidelines. *J Clin Med*. 2021;10(11). doi:10.3390/jcm10112482
6. da Silva T, Mills K, Brown BT, et al. Recurrence of low back pain is common: a prospective inception cohort study. *J Physiother*. 2019;65(3):159-165. doi:10.1016/j.jphys.2019.04.010
7. Stevans JM, Delitto A, Khoja SS, et al. Risk Factors Associated With Transition From Acute to Chronic Low Back Pain in US Patients Seeking Primary Care. *JAMA Netw Open*. 2021;4(2):e2037371.
8. Friedly JL, Comstock BA, Turner JA, et al. A randomized trial of epidural glucocorticoid injections for spinal stenosis. *N Engl J Med*. 2014;371(1):11-21.
9. Oliveira CB, Maher CG, Pinto RZ, et al. Clinical practice guidelines for the management of non-specific low back pain in primary care: an updated overview. *Eur Spine J*. 2018;27(11):2791-2803.
10. Winters NC, Hanson G, Stoyanova V. The case formulation in child and adolescent psychiatry. *Child Adolesc Psychiatr Clin N Am*. 2007;16(1):111--32, ix.
11. Bussières A, Hancock MJ, Elkliit A, et al. Adverse childhood experience is associated with an increased risk of reporting chronic pain in adulthood: a systematic review and meta-analysis. *Eur J Psychotraumatol*. 2023;14(2):2284025.
12. Brinjikji W, Luetmer PH, Comstock B, et al. Systematic literature review of imaging features of spinal degeneration in asymptomatic populations. *AJNR Am J Neuroradiol*. 2015;36(4):811-816.
13. Abd Rahman NA, Li S, Schmid S, Shaharudin S. Biomechanical factors associated with non-specific low back pain in adults: A systematic review. *Phys Ther Sport*. 2023;59:60-72.
14. O'Sullivan P, Koutouris A, Press J, Reese M. Low Back Pain. In: Brukner P, Clarsen B, Cook J, et al., eds. *Clinical Sports Medicine*. 5th ed. McGraw-Hill Education (Australia) Pty Ltd; 2017.
15. Nicholas MK, Linton SJ, Watson PJ, Main CJ. Early Identification and Management of Psychological Risk Factors ("Yellow Flags") in Patients With Low Back Pain: A Reappraisal. *Phys Ther*. 2011;91(5):737-753.
16. Sen R, Goyal A, Hurley JA. Seronegative Spondyloarthropathy. In: *StatPearls*. StatPearls Publishing; 2022.
17. Ferreira PH, Ferreira ML, Maher CG, Refshauge KM, Latimer J, Adams RD. The therapeutic alliance between clinicians and patients predicts outcome in chronic low back pain. *Phys Ther*. 2013;93(4):470-478.
18. Bratton RL. Assessment and management of acute low back pain. *Am Fam Physician*. 1999;60(8):2299-2308.
19. Hill JC, Dunn KM, Lewis M, et al. A primary care back pain screening tool: identifying patient subgroups for initial treatment. *Arthritis Rheum*. 2008;59(5):632-641.
20. Deyo RA, Katrina Ramsey, Buckley DI, et al. Performance of a Patient Reported Outcomes Measurement Information System (PROMIS) Short Form in Older Adults with Chronic Musculoskeletal Pain. *Pain Med*. 2016;17(2):314-324.
21. Downie A, Hancock M, Jenkins H, et al. How common is imaging for low back pain in primary and emergency care? Systematic review and meta-analysis of over 4 million imaging requests across 21 years. *Br J Sports Med*. 2020;54(11):642-651.
22. Chou R, Fu R, Carrino JA, Deyo RA. Imaging strategies for low-back pain: systematic review and meta-analysis. *Lancet*. 2009;373(9662):463-472.
23. Haig AJ, Geisser ME, Tong HC, et al. Electromyographic and magnetic resonance imaging to predict lumbar stenosis, low-back pain, and no back symptoms. *J Bone Joint Surg Am*. 2007;89(2):358-366.
24. Hall AM, Aubrey-Bassler K, Thorne B, Maher CG. Do not routinely offer imaging for uncomplicated low back pain. *BMJ*. 2021;372:n291.
25. Linton SJ, Ryberg M. A cognitive-behavioral group intervention as prevention for persistent neck and back pain in a non-patient population: a randomized controlled trial. *Pain*. 2001;90(1-2):83-90.
26. Moens M, Jansen J, De Smedt A, et al. Acceptance and Commitment Therapy to Increase Resilience in Chronic Pain Patients: A Clinical Guideline. *Medicina (B Aires)*. 2022;58(4).
27. Varkey B. Principles of Clinical Ethics and Their Application to Practice. *Med Princ Pract*. 2021;30(1):17-28.
28. Shipton EA. Physical Therapy Approaches in the Treatment of Low Back Pain. *Pain Ther*. 2018;7(2):127-137.
29. Enthoven WTM, Roelofs PDDM, Deyo RA, van Tulder MW, Koes BW. Non-steroidal anti-inflammatory drugs for chronic low back pain. *Cochrane Database Syst Rev*. 2016;2(2):CD012087.
30. Abdel Shaheed C, Maher CG, Williams KA, Day R, McLachlan AJ. Efficacy, Tolerability, and Dose-Dependent Effects of Opioid Analgesics for Low Back Pain: A Systematic Review and Meta-analysis. *JAMA Intern Med*. 2016;176(7):958-968.

continued

BACK FROM THE DRAWING BOARD: USEFUL IDEAS ABOUT CHRONIC AXIAL LUMBAR PAIN

References (continued)

31. Chou R. Low back pain (chronic). *BMJ Clin Evid*. 2010;2010.
32. Cashin AG, Wand BM, O'Connell NE, et al. Pharmacological treatments for low back pain in adults: an overview of Cochrane Reviews. *Cochrane Database Syst Rev*. 2023;4(4):CD013815.
33. Saragiotti BT, Machado GC, Ferreira ML, Pinheiro MB, Abdel Shaheed C, Maher CG. Paracetamol for low back pain. *Cochrane Database Syst Rev*. 2016;2016(6):CD012230.
34. Anderson DB, Shaheed CA. Medications for Treating Low Back Pain in Adults. Evidence for the Use of Paracetamol, Opioids, Nonsteroidal Anti-inflammatories, Muscle Relaxants, Antibiotics, and Antidepressants: An Overview for Musculoskeletal Clinicians. *J Orthop Sports Phys Ther*. 2022;52(7):425-431.
35. Kripke DF, Langer RD, Kline LE. Hypnotics' association with mortality or cancer: a matched cohort study. *BMJ Open*. 2012;2(1):e000850.
36. Chaparro LE, Furlan AD, Deshpande A, Mailis-Gagnon A, Atlas S, Turk DC. Opioids compared to placebo or other treatments for chronic low-back pain. *Cochrane Database Syst Rev*. 2013;(8):CD004959.
37. Juch JNS, Maas ET, Ostelo RWJG, et al. Effect of Radiofrequency Denervation on Pain Intensity Among Patients With Chronic Low Back Pain: The Mint Randomized Clinical Trials. *JAMA*. 2017;318(1):68-81.
38. Dreyfuss P, Stout A, April C, Pollei S, Johnson B, Bogduk N. The significance of multifidus atrophy after successful radiofrequency neurotomy for low back pain. *PM R*. 2009;1(8):719-722.
39. Valat JP, Rozenberg S. Local corticosteroid injections for low back pain and sciatica. *Joint Bone Spine*. 2008;75(4):403-407.
40. Manchikanti L, Kaye AD, Soin A, et al. Comprehensive Evidence-Based Guidelines for Facet Joint Interventions in the Management of Chronic Spinal Pain: American Society of Interventional Pain Physicians (ASIPP) Guidelines Facet Joint Interventions 2020 Guidelines. *Pain Physician*. 2020;23(3S):S1--S127.
41. van Wijk RMAW, Geurts JWM, Wynne HJ, et al. Radiofrequency denervation of lumbar facet joints in the treatment of chronic low back pain: a randomized, double-blind, sham lesion-controlled trial. *Clin J Pain*. 2005;21(4):335-344.
42. Freeman BJC, Fraser RD, Cain CMJ, Hall DJ, Chapple DCL. A randomized, double-blind, controlled trial: intradiscal electrothermal therapy versus placebo for the treatment of chronic discogenic low back pain. *Spine (Phila Pa 1976)*. 2005;30(21):2369--77; discussion 2378.
43. Traeger AC, Gilbert SE, Harris IA, Maher CG. Spinal cord stimulation for low back pain. *Cochrane Database Syst Rev*. 2023;3(3):CD014789.
44. Nwosu M, Agyeman WY, Bisht A, et al. The Effectiveness of Intraosseous Basivertebral Nerve Ablation in the Treatment of Nonradiating Vertebrogenic Pain: A Systematic Review. *Cureus*. 2023;15(4):e37114.
45. Fischgrund JS, Rhyne A, Franke J, et al. Intraosseous basivertebral nerve ablation for the treatment of chronic low back pain: a prospective randomized double-blind sham-controlled multi-center study. *Eur Spine J*. 2018;27(5):1146-1156.
46. Gilligan C, Volschenk W, Russo M, et al. An implantable restorative-neurostimulator for refractory mechanical chronic low back pain: a randomized sham-controlled clinical trial. *Pain*. 2021;162(10):2486-2498.
47. Phillips FM, Slosar PJ, Youssef JA, Andersson G, Papatheofanis F. Lumbar spine fusion for chronic low back pain due to degenerative disc disease: a systematic review. *Spine (Phila Pa 1976)*. 2013;38(7):E409--22.
48. Brodke DS, Goz V, Lawrence BD, Spiker WR, Neese A, Hung M. Oswestry Disability Index: a psychometric analysis with 1,610 patients. *Spine J*. 2017;17(3):321-327.
49. Fritzell P, Hägg O, Nordwall A. Complications in lumbar fusion surgery for chronic low back pain: comparison of three surgical techniques used in a prospective randomized study. A report from the Swedish Lumbar Spine Study Group. *Eur Spine J*. 2003;12(2):178-189.
50. Mannion AF, Mariaux F, Reitmeir R, et al. Development of the 'Core Yellow Flags Index' (CYFI) as a brief instrument for the assessment of key psychological factors in patients undergoing spine surgery. *Eur Spine J*. 2020;29(8):1935-1952.
51. Mittinty MM, Vanlint S, Stocks N, Mittinty MN, Moseley GL. Exploring effect of pain education on chronic pain patients' expectation of recovery and pain intensity. *Scand J Pain*. 2018;18(2):211-219.
52. Huang R, Ning J, Chuter VH, et al. Exercise alone and exercise combined with education both prevent episodes of low back pain and related absenteeism: systematic review and network meta-analysis of randomised controlled trials (RCTs) aimed at preventing back pain. *Br J Sports Med*. 2020;54(13):766-770.
53. Rainville J, Ahern DK, Phalen L. Altering beliefs about pain and impairment in a functionally oriented treatment program for chronic low back pain. *Clin J Pain*. 1993;9(3):196-201.