

The relation between psychological factors and spinal motor behaviour in low back pain: a systematic review and meta-analysis.

Low back pain (LBP) is one of the most frequent causes for limitations in daily, leisure and work-related activities.

Alterations in spinal motor behaviour, such as limited amplitude of movement and elevated trunk muscle activity, have consistently been reported in individuals with LBP. This suggests that people with LBP move in a more rigid manner. Models used in rehabilitation argue that psychological factors influence spinal motor behaviour in patients with LBP.

However, inconsistent data exist in the literature, making the link between these psychological and biomechanical factors unclear. In order to improve rehabilitation strategies, and offer effective options to modify spinal movement, it is essential to better understand how these factors influence each other's.

Therefore, the aim of this systematic review is to determine if psychological factors predict spinal motor behaviour alterations in patients with LBP.

Research team

Guillaume Christe, main applicant,
HESAV

Emmanuelle Opsommer, other
applicant, HESAV

Shannon Edd, field partener, Swiss
BioMotion Lab, CHUV

Geert Crombez, field partener, Ghent
University

Julien Favre, field partener, Swiss
BioMotion Lab, CHUV

Brigitte Jolles-Haeberli, field partener,
Swiss BioMotion Lab, CHUV

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