海外招請講演 1



Changing how we care for people with persistent low back pain

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Low back pain is the leading cause of disability globally, with chronic low back pain（CLBP）affecting all areas of life. It impacts work, social life, intimacy, daily function, and physical activity. Traditional treatments focused on structural/biomechanical issues or symptom relief show limited long-term benefit. CLBP is now understood as a biopsychosocial condition, with structural pathology often playing a minor role. Key drivers of chronicity include negative beliefs, catastrophising, low self-efficacy, fear, distress, and avoidance behaviours. Lifestyle factors like poor sleep, inactivity also contribute. Cognitive Functional Therapy（CFT）is a person-centred biopsychosocial approach for CLBP. It is flexible, non-prescriptive, and aligned with best practice guidelines and patient priorities. There are three key components of CFT：**Making sense of pain：** helps patients understand and de-threaten pain, targeting modifiable factors and setting meaningful goals. **Exposure with control：** uses graded exposure to restore confidence in movement and re-engagement in activities. **Lifestyle coaching：** addresses factors like sleep, activity, stress, and social engagement. Evidence shows CFT provides more sustained improvements than traditional care approaches. Effective use of CFT requires a shift in clinician mindset and advanced communication and reasoning skills.

Biography

Peter is a John Curtin Distinguished Professor at the School of Allied Health Sciences at Curtin University, and a practicing Specialist Musculoskeletal Physiotherapist. With his team he has developed a person-centred approach for people disabling low back pain – called 'cognitive functional therapy'. This treatment has demonstrated efficacy in numerous clinical trials, including a recent landmark trial published in The Lancet（restorebackpain.com）. With his team he has published more than 370 scientific papers. With his team Peter has developed a social enterprise to support clinician training in cognitive functional therapy called evoolvepaincare.academy.