

Appendix A. Features of educational approaches for low back pain

Features	Tradition al education [59]	Guideline education [60]	Sham education [43]	Pain education [35]
Biomechanics	X			
Optimal posture	X			
Ergonomics and lifting techniques	X			
Back-specific exercises	X			
Information about pathology, diagnosis, indications and methods of treatment	X			X
Anatomy of the back	X			X
Individual time with a health professional (2hrs)			X	X
Empathy and affective reassurance		X	X	X
Self-management emphasised		X	X	X
History taking and physical examination		X	X	X
Discuss any unhelpful beliefs about LBP		X	X	X
Explain benign nature of LBP		X		X
Reassurance of a favorable prognosis		X		X
Advise to stay active		X		X
Emphasis that being overly careful and avoiding light activity will delay recovery		X		X
Use pain physiology to explain severe LBP despite its benign nature				X
Describe unhelpful beliefs in the context of descending pain modulation				X
Discuss why light activity is safe, and why pain is not a good indicator of tissue damage				X
Give a biological basis of pacing and graded exposure				X
Explain how overprotecting the back can slow recovery and lead to a sensitised nervous system				X

