

My Back Exercise App - A mobile application for people with chronic non-specific low back pain.

ACTRN12624000319572

Status	RECRUITING
Sponsor	The University of Sydney
Enrollment	370 participants

Plain Language Summary

Chronic low back pain — pain that has persisted for more than 3 months — affects millions of Australians and is a leading cause of disability. Exercise and self-management are among the most effective long-term strategies, but many people struggle to stay motivated and engaged. A mobile app that delivers personalised exercise programs could be a game-changer for managing back pain at home.

The 'My Back Exercise App' study from the University of Sydney is testing whether a smartphone-based exercise program is better than an education-only app for improving physical function in people with chronic back pain. Four different combinations of exercise, sleep, and diet modules will be tested alongside an education-only group to see which combination works best.

You may be eligible if you are 18 or older, have had non-specific low back pain for at least 12 weeks (diagnosed by a healthcare provider), have a smartphone with internet access, and can exercise independently. People with serious spinal conditions (like fractures, sciatica, or advanced spinal stenosis), spinal surgery in the past year, or fibromyalgia are not eligible. This study has the potential to make evidence-based back pain care accessible to anyone with a smartphone, anywhere in Australia.

Key Eligibility Criteria

Inclusion (6)

- i. Aged 18 years or older.
 - ii. Report an episode of non-specific LBP of at least 12 weeks duration, with or without leg pain. LBP is defined as pain on the posterior aspect of the body from the lower margin of the twelfth ribs to the lower gluteal folds, with or without referred pain in one or both lower limbs (74). Non-specific LBP is defined as LBP without a diagnosis of a specific cause, and the absence of serious spinal pathology or indicators of potentially serious conditions using 'red' flags.
 - iii. Had the low back pain diagnosed by a healthcare practitioner.
 - iv. Have a smartphone or tablet with an Internet connection.
 - v. Have independent mobility and eyesight to see the app content and exercise independently and safely.
- ... and 1 more (see full listing online)

Exclusion (6)

- i. Known or suspected serious spinal pathology (e.g., fracture, inflammatory disorder); specific diagnosis of LBP (e.g., sciatica, spinal stenosis grade 3 to 4); self-reported radicular symptoms (e.g., reflex changes, motor loss).
- ii. Spinal surgery in the past 12 months.
- iii. LBP caused by involvement in a road traffic crash in the last 12 months or currently receiving ongoing litigation.
- iv. Fibromyalgia or systemic/inflammatory condition(s) that are not controlled (e.g., systemic lupus erythematosus, multiple sclerosis).
- v. Co-morbid health condition(s) diagnosed by a medical practitioner that would prevent participation in physical activity or exercise programs (e.g., chronic heart conditions).

... and 1 more (see full listing online)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000319572>

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Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

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