The Lancet has recently published a series of three papers on low back pain. The papers, by an international group of authors led by Prof Rachelle Buchbinder, Monash University, Melbourne emphasise the ever-increasing burden globally of low back pain, despite the plethora of treatments and health-care resources devoted to managing this complex condition.

Low back pain was responsible for 60.1 million disability-adjusted life-years in 2015, an increase of 54% since 1990. It is the leading cause of disability globally. It is estimated 540 million people worldwide are now affected by back pain at any one time. In Australia more than 3.7 million people experienced this type of pain. Despite limited evidence of their effects, most back pain treatments are funded by Medicare, costing taxpayers about $4.8 billion a year. Back pain reduces Australia’s GDP by $3.2 billion a year.

The authors’ call to action is to move away from low value approaches, including unnecessary scans, medicines, injections and surgery.

They draw our attention to the complexity of the condition, which has multiple contributors to both pain and associated disability. These include psychological factors, social factors, biophysical factors, comorbidities, and central nervous system mechanisms (figure 1). We have recently argued that management approaches should target multiple factors.

The treatment programs we are comparing in the RESOLVE trial address multiple factors that contribute to chronic low back pain and disability. In particular they target how the brain and central nervous system process information to produce low back pain.

The results of the trial have the potential to be far-reaching and change the current management of CLBP.

1. www.thelancet.com/series/low-back-pain, Published online March 21, 2018

With your help, we are slowly moving towards our target, with 43% of our required 276 participants recruited.

Please continue to refer your patients with chronic low back pain.

We couldn’t do this important research without you.
It's hard work, but probably **not as hard as living with persisting pain**.

We have a really big problem with persisting pain:

- It is Australia’s most costly health problem
- It is the most common reason for early retirement
- It is most common in the bush
- 1 in 5 Aussies are suffering right now
- Research & resources are desperately needed.

We need to completely **RETHINK** persisting pain. We need to **RE-ENGAGE** with this massive problem and give people resources to **RECOVER**. We need a **REVOLUTION**!

**The Pain Revolution** is a 7-day cycle tour from 11th – 18th April 2018, led by some of Australia’s leading pain scientists and clinicians. They are taking on their own physical challenge, riding their books from Sydney to Albury-Wodonga.

They are stopping at rural centres enroute to discuss the latest discoveries and learn from clinicians and communities who are facing this massive health problem every day.

By making a donation the University of South Australia in support of **Pain Revolution**, 100% of your money will go directly to supporting the development of accessible, community-based pain education programs for people living with persistent pain via the **Pain Revolution Local Pain Educators programme**. It is desperately needed and remember, every little bit helps!

**Two of our very own researchers on the **RESOLVE** study, Edel O’Hagan and Professor Lorimer Moseley are taking part in this *Pain Revolution*. For people living with pain, there is a gap between the science and the stories. Edel and Lorimer are helping to close that gap, *revolution by revolution*.**

If you would like to support the development of accessible, community-based pain education programmes for people living with persistent pain, please go to: