

Central Sensitization and Physical Activity in patients with Chronic Low Back Pain; Exploration of movement patterns using new analytic strategies

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Chronic low back pain has a high prevalence and high disability impact on the individual and society. Many patients with chronic low back pain develop a dysregulation of the nervous system, called Central Sensitization. Because Central Sensitization includes alterations in the sensory and motor nervous systems, changes in Physical Activity patterns are plausible. Evidence on Physical Activity in Chronic Lower Back Pain, however, is conflicting and research immature. In this research, data of one hundred people with lower back pain is collected by means of an accelerometer. With this data the association of Physical Activity patterns and Central Sensitization in patients with Chronic Lower Back Pain will be explored. Moreover, we will analyze whether a change in Central Sensitization in patients with Chronic Lower Back Pain is related to a change in Physical Activity patterns. Finally, differences in Physical Activity between responders and non-responders to therapy will be analyzed.