

Back Pain

DNA Health Report

REPORT CATEGORY —



PAIN

Sample Client

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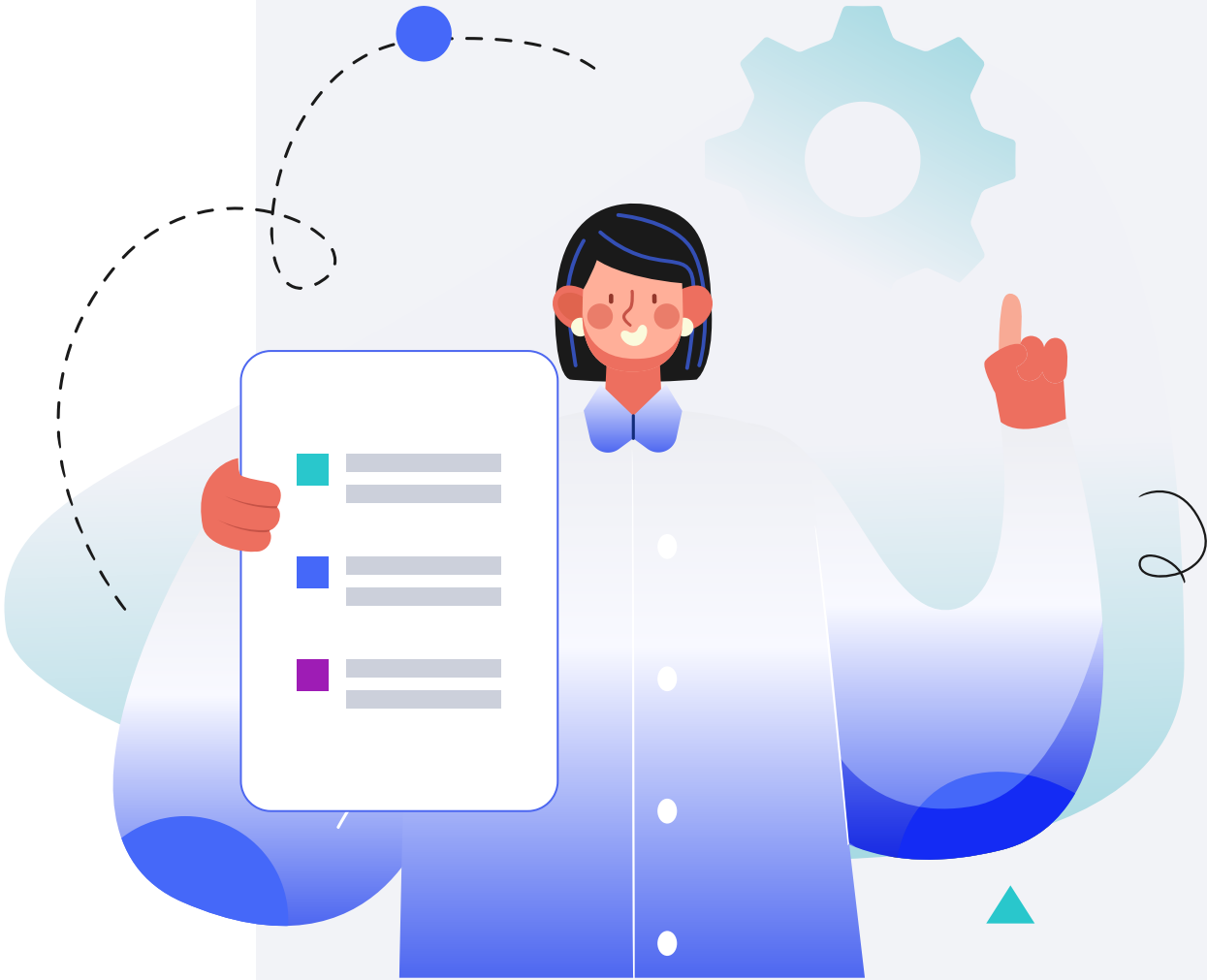
Your recommendations

Personal information

NAME	
Sample Client	
SEX AT BIRTH	
Male	
HEIGHT	
5ft 9"	175.0cm
WEIGHT	
165lb	75.0kg

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.



Introduction

People often say that back pain is youth leaving the body. While it can make you look back at your pain-free youth nostalgically, it can unfortunately strike at any age.

If you’ve ever suffered from lower back pain, then you know how much it can affect your everyday life.

Firstly, it can influence your mobility, preventing you from completing simple tasks and doing what you enjoy.

Secondly, persistent pain and an inability to maintain your daily routine can have a negative impact on your mental health [\[R\]](#).

Most of us will suffer from lower back pain at some point in our lives, **but with the right strategies, recovery can be fast.** Once recovered, you may even be lucky enough to never experience it again. But **for 25% of people, lower back pain is chronic** [\[R\]](#).

There’s no magic cure when it comes to back pain, and finding the right approach isn’t always simple; what works for one person may not work for another. But luckily, **your genes may be able to indicate the best preventative and pain-relieving strategies.**

When it comes to preventing back pain, a lot of the tips and tricks are universal. For example, being overweight may increase your risk of lower back pain. One variant in the [FTO](#) gene is linked to an increased risk of being overweight. If you carry this variant, **you may need to take particular care to manage your weight in order to lower your risk of back pain** [\[R\]](#), [\[R\]](#).

If prevention is a moot point and you suffer from chronic back pain, you can look to your genes for ways to potentially take the edge off the pain. You may benefit from visiting a chiropractor, especially if you carry a variant of the [SCN9A](#) gene.

Those who carry this variant are more likely to have a sore back, likely due to increased pain sensitivity. Chiropractic adjustments may help by reducing pain sensitivity [\[R\]](#), [\[R\]](#), [\[R\]](#).

Ultimately, how you manage your back pain will depend on your individual situation, and what makes us all individual is our genes.

Read on to find out more about:

- **How your genetics play a role in back pain**
- **Your genetic risk score based on over 14,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Back Pain

Key Takeaways:

- Up to **25%** of differences in people's chances of developing back pain may be attributed to genetics. It is more likely to occur as you get older.
- Risk factors: injuries, health conditions, poor posture, aging, smoking, lack of fitness, overweight, your genetics.
- If you have high genetic risk or symptoms, take action now on your modifiable risk factors to reduce your overall risk.
- Click the **next steps** tab for relevant lifestyle factors.

Back pain is extremely common. In fact, up to 1 in 4 adults suffer from chronic lower back pain. **Up to 84% of people are estimated to have back pain at some point in their lives** [\[R\]](#).

Back pain can be acute or chronic. Acute back pain is brief (days or weeks) and usually has a clear cause. It normally resolves on its own and is fairly easy to treat. Chronic back pain is long-lasting (months or years). The cause can be tough to determine, which makes it harder to treat. **About 1 in 5 cases of acute back pain becomes chronic** [\[R\]](#).

Risk factors for lower back pain include [\[R\]](#), [\[R\]](#):

- Injuries
- Health conditions
- Poor posture
- Aging
- Smoking
- Lack of fitness
- Weight gain
- **Genetics**

Back pain may come with other symptoms, such as increased sensitivity to pain and touch [\[R\]](#).

One type of back pain is called **sciatica**. Sciatica is pain in the lower back that radiates through the hips and down the back of the leg. It is caused by pressure on the sciatic



TYPICAL LIKELIHOOD

Typical likelihood of back pain based on 13,559 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
GSDMC	rs6651255	TT
ITGA1	rs13174042	TC
MYC	rs7833174	TT
DIS3L2	rs1453867	CC
DCC	rs4384683	GA
/	rs543634974	CC
MME	rs540690425	CC
SOX5	rs12310519	CC
CTSC	rs217095	TT
CCDC196	rs144740416	CC
CACNB2	rs189997399	AA
COL12A1	rs146452235	CC
ERI3	rs150678734	TT
UROS	rs186296138	GG
LRP1	rs149305474	GG
GML	rs147507753	TT
EGFR	rs145967840	CC
LRATD1	rs374707240	CC
NUDT15	rs9652197	TT
U2SURP	rs116472002	AA

nerve, which runs through these areas. Sciatica tends to occur on one side of the body [R, R, R].

Fortunately, mild sciatica often goes away on its own over time. However, more severe or long-lasting symptoms may need medical treatment [R].

Treatment options for back pain include [R, R, R]:

- Medication
- Hot or cold packs
- Physical therapy
- Surgery

Left untreated, some types of back pain can cause further problems. For example, severe sciatica can cause permanent nerve damage [R, R].

Up to 25% of differences in people's chances of developing back pain may be attributed to genetics.

Genes involved in back pain may influence [R, R, R]:

- Bone and joint development ([NFIB](#), [COL11A2](#))
- Inflammation ([HLA-DRB5](#))
- Nerve function ([MYO5A](#))

Genetically high levels of omega-3s may be causally associated with a lower risk of back pain [R].

GENE	SNP	GENOTYPE
STARD3NL	rs114455186	GG
TBC1D32	rs554696508	TT
STXBP6	rs187396953	AA
LRATD1	rs111256748	GG
TRAPPC9	rs142493275	GG
STK39	rs532461789	TT
TAF3	rs542627407	AA
HS6ST1	rs116451852	CC
TTK	rs182976240	CC
FGF18	rs138330960	CC
/	rs140186882	CC
MRGPRF	rs150765085	GG
PACSIN1	rs141516472	AA
RRBP1	rs141587400	TT
/	rs185080745	GG
MAEA	rs145622120	GG
TRIM63	rs116908890	CC
CEP89	rs138295648	GG
EYS	rs186734416	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Reduce Back Strain	2	Physical Therapy30 minutes
3	Walking30 minutes	4	Yoga30 minutes
5	Good Posture	6	Avoid Lifting Heavy Objects
7	Acupuncture1 hour	8	Massage30 minutes
9	McKenzie Method5 minutes	10	Pilates30 minutes
11	Meditation30 minutes	12	Aquatic Exercise1 hour
13	Hot Applications20 minutes	14	Shock Wave Therapy
15	Mindfulness-Based Stress Reduction (MBSR)2 hours		

1



Reduce Back Strain

IMPACT4 / 5

EVIDENCE5 / 5

How to implement

Maintain good posture while sitting and standing, avoiding bending or twisting at the waist. When lifting objects, bend your knees and lift with your leg muscles, not your back. Take breaks every 30 minutes to stretch or walk if you have a sedentary job. Implement these practices daily for ongoing back health.

Description

Reducing back strain entails adopting proper posture, lifting techniques, and ergonomic practices to prevent or alleviate stress on the back muscles and spine, promoting better musculoskeletal health.

The muscles, tendons, and bones of the back are extremely complex. Together, they hold up a large portion of the body’s weight. **Any mechanical stress on the back, especially if the muscles aren’t fit, can cause strain.** Hence, back strain is very common [\[R\]](#).

Back strain often develops in the workplace. Jobs that increase the risk of back strain include:

- Truck drivers [\[R\]](#)
- Nurses and physiotherapists [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Dentists [\[R\]](#)
- Farmers [\[R\]](#)
- Forklift operators [\[R\]](#)
- Domestic workers [\[R\]](#)

How it helps

Physical strain is one of the leading causes of back pain. Bending, heavy lifting, and poor posture can all cause problems [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Experts recommend reducing strain to prevent back pain. Techniques that may help include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Correct posture while sitting and standing
- Proper technique when lifting heavy objects
- Furniture adaptations (e.g., standing desk, a medium-firm mattress, or a desk chair with back support and armrests)
- Taking frequent breaks to change your position and move around

2

Physical Therapy

IMPACT3 / 5

EVIDENCE5 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (physiotherapy) helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R\]](#), [\[R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

How it helps

Physical therapy may help improve back pain and physical function. However, it may take some time to experience benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

As a part of physical therapy, **massage** may also help with back pain. However, the effects may only be short-term [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Kinesio Taping is a technique that uses special tapes to help support muscles and tendons. It may improve back pain and mobility. However, not all studies found these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

The following types of **guided exercise** may help improve physical function and reduce pain:

- The McKenzie method (exercises designed to improve spinal mobility and posture) [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Movement control exercises [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Stabilization exercises [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

Physical therapy may help with back pain by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Helping the spine move more smoothly
- Restoring normal muscle movement
- Increasing pain-relieving chemicals in the brain

3

Walking

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Experts suggest that walking is a light exercise option to improve muscle function and prevent back pain [\[R\]](#).

Walking may improve pain, disability, quality of life, and fear avoidance. When compared to mind-body therapies, walking may offer greater benefits in the intermediate term [\[R\]](#), [\[R\]](#), [\[R\]](#).

4



Yoga

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Stress at work and home may increase the risk of back pain [\[R, R, R, R, R, R\]](#).

Stress may contribute to pain by increasing tension in the muscles. It may also increase sensitivity to pain [\[R, R\]](#).

Yoga may improve pain and functionality, but not quality of life, in people with back pain. Yoga may be most effective in the short term or when used as an add-on to conventional therapies [\[R, R, R, R, R, R, R, R\]](#).

5



Good Posture

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Ensure your back is straight, shoulders pulled back but relaxed, and your head is aligned above your shoulders when sitting or standing. When sitting, keep your feet flat on the ground, and use a chair that supports your lower back. Do this continuously throughout the day, reminding yourself to adjust your posture whenever you notice it lapsing.

Description

Maintaining good posture helps prevent musculoskeletal problems, reduces the risk of back and neck pain, and supports overall spinal health. Proper posture can also enhance self-confidence and improve breathing and digestion.

Good posture may help lessen strain on your body. It involves keeping your head, shoulders, and hips aligned [\[R\]](#).

Forward head posture is a type of poor posture in which the head is pushed forward or tilted down toward the chest. This posture is common when using computers or smartphones [\[R\]](#).

Poor posture may lead to [\[R\]](#), [\[R\]](#):

- Muscle pain
- Headaches
- Breathing problems

How it helps

Experts recommend keeping a good posture while standing to reduce the stress on the back muscles. Alternating postures may also help since monotonous body posture may cause low back pain [\[R\]](#), [\[R\]](#).

Strain to the back at the workplace is a common cause of back pain. Bad postures may increase the risk of back pain by 10-100%[\[R\]](#), [\[R\]](#), [\[R\]](#).

Professions with a high prevalence of work-related back pain include [\[R\]](#), [\[R\]](#):

- Farmers
- Domestic workers

6



Avoid Lifting Heavy Objects

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Refrain from picking up items that require significant strain or exertion, typically defined as those weighing more than 25 pounds (11 kilograms), to avoid unnecessary pressure on your body. This restriction should be adhered to as long as your healthcare provider advises, which may be indefinitely for chronic conditions or for a specific recovery period following surgery or injury.

Description

Avoiding improper lifting techniques when handling heavy objects can help prevent back injuries and musculoskeletal strain. Practicing safe lifting methods and using proper equipment promotes spine and musculoskeletal health.

How it helps

Experts recommend avoiding heavy lifting if possible. Alternatively, keep proper posture through a straight back, no twisting, bend only at the knees, and hold the load close to the body [\[R\]](#), [R\]](#).

Lifting heavy objects is a major work-related factor for work-related back pain. The risk of low back pain may increase by 11% per 10 kg lifted and by 9% per 10 lifts/day [\[R\]](#), [R\]](#).

7



Acupuncture

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may help reduce chronic lower back pain. However, its effects may be limited to the short term. **Researchers and experts disagree on whether there is enough evidence to support its effectiveness** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Acupuncture may have similar small benefits for acute low back pain. However, some **experts recommend against its use for acute back pain** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Please note: *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

8

Massage

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Experts suggest that massage may help with back pain caused by tense or overworked muscles. They point out that massage should be combined with exercise [\[R\]](#), [\[R\]](#), [\[R\]](#).

Massage may offer short-term improvements in pain and relaxation in people with low-back pain [\[R\]](#), [\[R\]](#).

9



McKenzie Method

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Perform the McKenzie method exercises daily, ideally under the guidance of a certified McKenzie therapist. Begin with 5-10 minutes per session, gradually increasing as advised. Continue as long as necessary to improve symptoms, maintaining regular sessions for at least 4-6 weeks for noticeable results.

TYPICAL STARTING DOSE

5 minutes

Description

The McKenzie Method is a physical therapy approach designed to manage musculoskeletal pain, especially in the back and neck. It focuses on exercises and movements that promote pain relief and spinal health.

How it helps

The McKenzie Method may help decrease pain in the short term and improve disability in the long term. This method may offer similar benefits to manual therapy plus exercise and greater benefits than exercise alone for chronic back pain [\[R, R, R\]](#).

10



Pilates

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Engage in Pilates exercises for at least 20-30 minutes, 3 times a week. Focus on core strength, flexibility, and mindful breathing. It is suitable for both beginners and advanced individuals, adjusting the difficulty of exercises as necessary.

TYPICAL STARTING DOSE

30 minutes

Description

Pilates is a form of exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body awareness through controlled movements and breathing techniques. Its health benefits include increased core strength, improved posture, enhanced flexibility, and better balance, making it a popular choice for those seeking a holistic approach to fitness.

Pilates is a type of exercise that emphasizes proper alignment, breathing techniques, and precise movements.

It involves a series of controlled movements performed on a mat or with specialized equipment, such as a reformer or Cadillac. Pilates helps strengthen the core muscles, improve flexibility, and promote mind-body awareness.

How it helps

Pilates may help improve pain, function, and fear of movement in people with back pain [\[R, R, R, R, R, R, R, R, R, R, R, R, R, R\]](#).

11



Meditation

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation may slightly improve disability in the short term and pain in the long term in people with low back pain [\[R\]](#).

12



Aquatic Exercise

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Participate in aquatic exercise sessions, such as swimming or water aerobics, for 60 minutes, 3 to 5 times per week. Ensure the exercise intensity is moderate, allowing you to talk but not sing during the activity. Consistency over time is key, so aim to incorporate this into your weekly routine for at least 3 to 6 months to observe benefits.

TYPICAL STARTING DOSE

1 hour

Description

Aquatic exercise involves physical activity performed in water, such as swimming, water aerobics, or aquatic therapy. It is gentle on the joints, making it suitable for individuals with mobility issues, and can help improve cardiovascular fitness and muscle strength.

Aquatic exercise is any type of low-impact physical activity performed in a pool. In this type of cardio exercise, water helps the body float, which reduces gravity and makes the practice more comfortable and tolerable [\[R\]](#), [\[R\]](#).

Compared to land-based exercise, aquatic exercise may be better by [\[R\]](#):

- Reducing the stress and impact on joints
- Lowering fracture risk

Hence, it is usually **recommended for the elderly**. Aquatic exercise is also suitable for people who don't know how to swim [\[R\]](#).

How it helps

Aquatic exercise may improve pain and physical function in people with low-back pain [\[R\]](#).

13



Hot Applications

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Apply a hot pack, heating pad, or a warm towel to the affected area for 15-20 minutes at a time. Do this several times a day, especially before activities that increase pain.

TYPICAL STARTING DOSE

20 minutes

Description

The use of hot applications, such as heating pads or warm compresses, can help relieve muscle tension, reduce pain, and improve blood flow to affected areas. It is a common approach for managing muscular discomfort and promoting relaxation.

People use hot applications to relieve pain, improve blood flow, and help muscles relax [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas

How it helps

Experts suggest that heat therapy may help with low back pain in combination with activating measures [\[R\]](#).

Superficial heat may provide a small short-term reduction in low-back pain and disability [\[R\]](#).

Both superficial and deep heating therapy may relieve pain but deep therapy may reduce disability more [\[R\]](#), [\[R\]](#).

Thermotherapy may help by increasing blood flow, relaxing muscles, and altering pain perception [\[R\]](#), [\[R\]](#).

14



Shock Wave Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R, R\]](#).

How it helps

Two meta-analyses (the largest one with 13 trials) concluded that extracorporeal shock wave therapy reduces pain intensity and disability better than other treatments in people with low-back pain [\[R, R\]](#).

In a non-placebo-controlled trial of 41 patients with coccydynia, receiving extracorporeal shock wave therapy for 4 weeks improved discomfort and disability better than physiotherapy [\[R\]](#).

15



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE
2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

Mindfulness-based stress reduction may have short-term effects on pain intensity, physical functioning, quality of life, and mental health in people with low back pain. However, more studies are needed to confirm these benefits [\[R, R\]](#).