BACK PAIN IS ON THE RISE. HOW HEAL RESEARCH WILL HELP.

↑ 36% Back pain is expected to spike 36%[1] globally by 2050. But current treatments for back pain are frequently ineffective. Back pain has different causes, from diseases to injury, and many things can affect how we experience the pain.

2 in 5 In the United States, where nearly 2 in 5 adults[2] are experiencing back pain, the search for effective solutions is urgent.

Back pain is complicated!

Is it your discs?

Is it nerve or tissue damage?

Did an injury cause my pain?

To do a better job of treating it, we need to understand it.

A team of researchers funded by the Helping to End Addiction Long-term® Initiative, or NIH HEAL Initiative®, is creating a **whole-person model** of chronic low back pain that addresses the complexity of the whole person and takes into account the interaction of many of the different systems in the body.

The ultimate goal is for the model to be turned into a tool that health care practitioners can use to personalize treatment plans.

[1] https://www.thelancet.com/journals/lanrhe/article/PIIS2665-9913(23)00098-X/fulltext#bib8
[2] https://www.cdc.gov/nchs/products/databriefs/db415.htm#Key_finding

HEAL teams are generating evidence on innovative approaches to find out what works (and what doesn't)

HEAL researchers are currently exploring many innovations, including...

Artificial muscles that may help prevent and treat chronic low back pain

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Virtual reality that seeks to provide immersive experiences that absorb more of the brain's attention and potentially reduce chronic pain

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Pain and mood combination therapy to enhance chronic pain outcomes

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