How to differentiate pain phenotypes in persons with low back pain?

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This workshop will explore an important topic of clinical reasoning in musculoskeletal physiotherapy and low back pain management. The ability to differentiate pain phenotypes is crucial to adapt management and treatment through a patient-centered approach.

This workshop focuses on a key aspect of clinical reasoning in musculoskeletal physiotherapy, with particular emphasis on the assessment and management of low back pain. Effective care requires more than identifying symptoms; it depends on the clinician's ability to recognize and differentiate pain phenotypes in order to tailor interventions to each individual. Understanding these pain presentations is essential for delivering a truly patient-centered approach and optimizing clinical outcomes.

The workshop will combine up-to-date theoretical insights with practical application. Participants will review current concepts related to pain mechanisms and pain phenotypes relevant to musculoskeletal practice. These concepts will then be applied through interactive clinical cases, allowing attendees to actively practice clinical reasoning and decision-making in realistic scenarios.

Throughout the session, participants will be introduced to practical assessment tools and strategies that can be directly integrated into daily clinical practice. By the end of the workshop, attendees will have improved confidence in identifying different pain phenotypes, selecting appropriate management strategies, and adapting treatment plans to the needs and goals of each patient.

