

SBPR 2026

ASTON UNIVERSITY, BIRMINGHAM, UK

11th and 12th JUNE 2026

“BACKS TO THE FUTURE”

THURSDAY 11TH JUNE 2026

08.15 – 09.00	REGISTRATION AND REFRESHMENTS	
09.00 – 09.15	WELCOME and INTRODUCTION	Christine Le Maitre & Adrian Gardner
SESSION 1:	GUEST LECTURE:	CHAIR: Steven Vogel
09.15 – 10.00	‘LBP ACROSS THE LIFE COURSE’	Professor Kate Dunn Keele University, Keele, UK
SESSION 2:	OPEN PAPERS:	CHAIRS: Siobhan Stynes & David Evans
10.00 – 11.30	1: COGNITIVE MUSCULAR THERAPY VS PSYCHOLOGICALLY INFORMED PHYSIOTHERAPY FOR LOW BACK PAIN: A FEASIBILITY TRIAL	Stephen J Preece , J Smith, J Parker, R Wright, D Ghio, J Hill, D Antcliff, C Fairhurst, J Pink, N Brookes

	<p>2: THE ACCEPTABILITY OF TWO TYPES OF PSYCHOLOGICALLY INFORMED PHYSIOTHERAPY FOR ADULTS WITH CHRONIC NECK PAIN: AN EMBEDDED QUALITATIVE STUDY</p> <p>3: IDENTIFYING RISK FACTORS AND HEALTH CARE UTILISATION PRIOR TO A DIAGNOSIS OF DEGENERATIVE CERVICAL MYELOPATHY IN AN ENGLISH POPULATION STUDY: PRELIMINARY RESULTS</p> <p>4: TARGETING CELLULAR SENESCENCE TO COMBAT INTERVERTEBRAL DISC DEGENERATION AND OSTEOARTHRITIS</p> <p>5: A PILOT STUDY TO EVALUATE DIFFERENCES IN SPINAL ANGLES DURING A SEATED COMPUTER TASK COMPARED WITH A SELF-SELECTED OPTIMAL SITTING POSTURE</p> <p>6: ERECTOR SPINAE MUSCLE FIBRE SIZE ESTIMATION USING HIGH-DENSITY SURFACE ELECTROMYOGRAPHY IN PEOPLE WITH AND WITHOUT NON-SPECIFIC CHRONIC LOW BACK PAIN</p>	<p>Nathan Brookes (NI), M Moffatt, J Parker, J Hill, D Ghio, J Pink, N Walsh, C Henry, S Preece</p> <p>Lianne Wood, G Abel, BM Davies, CE Clark, R Anderson, H Wood, SE Lamb</p> <p>Joseph Snuggs, D Swift, H Wilson, E Kiss-Toth, JM Wilkinson, CL Le Maitre</p> <p>Sue Annetts, R. Hemming</p> <p>Shilpa Purushotham, A Casolo, M Arvanitidis, A Grison, A Gardner, D Falla</p>
11.30 – 12.00	REFRESHMENTS, EXHIBITORS AND POSTER VIEWING	
SESSION 3:	SPECIAL POSTER SESSION:	CHAIRS : Christine Le Maitre & Richard Harker
12.00 – 12.50	<p>1: THE DEVELOPMENT OF A NUCLEUS PULPOSUS-ON-CHIP PLATFORM</p> <p>2: “FARMERS DON'T GO TO DOCTORS. THEY DON'T ASK FOR HELP”: EXPLORING FARMERS’ EXPERIENCES AND PERCEIVED BARRIERS TO HEALTHCARE ACCESS FOR PERSISTENT LOW BACK PAIN</p> <p>3: CAUDA EQUINA SCREENING IN PHYSIOTHERAPY: A QUALITATIVE STUDY INTO THE CULTURAL EXPERIENCE OF PAKISTANI INTERPRETERS</p> <p>4: INTERVERTEBRAL DISC MECHANOBIOLOGY: INSIGHTS AND INCONSISTENCIES FROM WHOLE-ORGAN BIOREACTOR STUDIES</p>	<p>Prashanth Saseedharan (NI), TP Holsgrove</p> <p>Holly Whitcomb, LC Roberts, C Ryan</p> <p>Damien Kimber, C Wood, J Harris, Dr G Birdi, G Mansell</p> <p>Daisy Crouch (NI), TP Holsgrove</p>

	<p>5: EXPLORING PHYSIOTHERAPIST MOVEMENT DURING PATIENT AND THERAPEUTIC HANDLING IN A LABORATORY SETTING</p> <p>6: THE POTENTIAL ROLE OF CHIROPRACTORS IN TRANSFORMING NHS MSK PATHWAYS</p> <p>7: BUILDING WORKFORCE CAPACITY TO DELIVER PHYSICAL AND PSYCHOLOGICAL REHABILITATION FOR PEOPLE WITH PERSISTENT LOW BACK PAIN IN COMMUNITY SETTINGS: A MIXED-METHODS PILOT STUDY</p> <p>8: DEVELOPMENT OF A NEW IMAGE REGISTRATION-BASED METHOD FOR TRACKING VERTEBRAL MOTION IN KINETIC SAGITTAL MRI</p>	<p>E Hetrick, K Johnson, F Douglas, LA Alexander, Anastasia Pavlova</p> <p>Alister du Rose, F Deane, M Sanders, T Button, H Ross, R MacDonald, P Miller, N Hex</p> <p>Esther Williamson, R Hellewell, C Srikesavan, A Morris, and S Lamb</p> <p>Kevin Brownhill, F Mellor, C Heales, J Fulford</p>
12.50 – 13.15	POSTER VIEWING - with poster presenters available for questions	
13.15 – 14.15	LUNCH, EXHIBITORS AND POSTER VIEWING	
SESSION 4:	OPEN PAPERS:	CHAIRS: David Hohenschurz-Schmidt & Damien Kimber
14.15 – 15.45	<p>1: SURGICAL OUTCOMES FOR DEGENERATIVE CERVICAL MYELOPATHY: A BRITISH SPINAL REGISTRY AND HOSPITAL EPISODE STATISTICS STUDY EXPLORING PATIENT CHARACTERISTICS AND OUTCOMES</p> <p>2: “MY IMPRESSION WAS I WAS BEING A NUISANCE”: IDENTITY AND LEGITIMACY IN REPEAT SPINE CONSULTATIONS</p> <p>3: THE FORECAST STUDY: FACTORS PREDICTING THE TRANSITION TO PERSISTENT PAIN IN ACUTE/SUBACUTE SCIATICA. COHORT BASELINE AND LONGITUDINAL DATA</p>	<p>Lianne Wood, BM Davies, SE Lamb, M Hutton, WK Gray</p> <p>Lisa Osborn-Jenkins, J Turnbull, AWA Geraghty, LC Roberts</p> <p>Lucy Ridgway, S Koushesh, M Tachrount, B Tampin, W Scott, G Crombez, C Price, C Robinson, M Barbero, G Landolfi, F Probert, G Torres, K Martin, S Clare, J Fairbank, G Baskozos, AB Schmid</p>

	<p>4: USING MESENDERM PROGENITOR CELLS SEEDED IN HYDROGEL BIOMATERIAL AS A STRATEGY TO REGENERATE THE INTERVERTEBRAL DISC</p> <p>5: ADVANCES IN THE MEASUREMENT AND INTERPRETATION OF INTERVERTEBRAL MOTION IN THE LUMBAR SPINE: A SCOPING REVIEW</p> <p>6: ACNE GENETIC SUSCEPTIBILITY IS LINKED TO LOWER RISK OF CHRONIC LOW BACK PAIN</p>	<p>C Cicione, RJ. Williams, J Snuggs, J Warin, C Sammon, B Gatenbein, D Noel, JM LeMaitre, A Camus, MA. Tryfonidou, G Vadalà, <u>Christine L Le Maitre</u></p> <p><u>Alister du Rose</u>, AC Breen, A Breen, J Branney, M Nematimoez</p> <p><u>Chris J Smith</u>, I Kalli, S Bauer, X Zhang, MB Freidin, FMK Williams</p>
15.45 – 16.15	REFRESHMENTS, EXHIBITORS AND POSTER VIEWING	
SESSION 5:	GUEST LECTURE:	CHAIR: Liba Sheeran
16.15 – 17.00	'TRIALS AND FUNDING: WHAT WORKS AND DOESN'T WORK'	Professor David Keene University of Oxford, Oxford, UK
17.00 – 18.00	SBPR AGM	
19.00 - Midnight	PRE-DINNER DRINKS / CONFERENCE DINNER / BAND & DANCING	

FRIDAY 12TH JUNE 2026

08.45 – 09.00	REGISTRATION	
SESSION 6:	THE 2026 DISCS HENRY V CROCK LECTURE	CHAIR: Christine Le Maitre
09.00 – 09.45	‘SUSTAINABLE SPINE CARE’	Professor Lisa Roberts University of Southampton & University Hospital Southampton NHS Foundation Trust, Southampton, UK
SESSION 7:	OPEN PAPERS:	CHAIRS: Adrian Gardner & Rebecca Hemming
09.45 – 10.45	<p>1: GUT MICROBIOME DYSBIOSIS IN CHRONIC LOW BACK PAIN: A LARGE-SCALE METAGENOMIC ANALYSIS IN TWINSUK</p> <p>2: PREDICTORS OF SPINAL SURGERY FOR PARTICIPANTS WITH NEUROGENIC CLAUDICATION: A SECONDARY ANALYSIS OF THE BETTER OUTCOMES FOR OLDER PEOPLE WITH SPINAL TROUBLE (BOOST) RANDOMISED CONTROLLED TRIAL</p> <p>3: THE EFFECTIVENESS OF PREHABILITATION ON POST-OPERATIVE RECOVERY FROM LUMBAR SPINAL STENOSIS SURGERY - A SYSTEMATIC REVIEW AND INTERVENTION COMPONENT ANALYSIS</p> <p>4: HOLES IN THE SAFETY NET: A SCOPING REVIEW OF SAFETY-NETTING ADVICE FOR PATIENTS WITH LOW BACK PAIN</p>	<p>Ioannis Kalli (NI), P Louca, R Pope, X Zhang, A Visconti, MB Freidin, M Falchi, C Menni, FMK Williams</p> <p>Lianne Wood, E Williamson, P Newell, R Hunter, R Gagen, J Fairbank, E Hutchinson, SE Lamb on behalf of the BOOST trial team</p> <p>P Heine, R Hunter, A Booth, SE Lamb, O Sahota, B Phillips, P Hendrick, Lianne Wood</p> <p>Christopher Horler, V Lockley, G Leydon, L Roberts and C Ryan</p>

10.45 – 11.15	REFRESHMENTS, EXHIBITORS AND POSTER VIEWING	
SESSION 8:	GUEST LECTURE:	CHAIR: Stephen Preece
11.15 – 12.00	‘MOTOR CONTROL AND INFLUENCE ON LBP’	Prof.Dr Jaap Van Dieën VU Amsterdam, The Netherlands
SESSION 9:	OPEN PAPERS:	CHAIRS: Clare Ryan & Richard Husselbee
12.00 – 12.45	<p>1: IMPROVING THE QUALITY OF MUSCULOSKELETAL CARE THROUGH A CLINICAL DECISION SUPPORT SYSTEM: MIXED-METHODS EVALUATION OF CROSSCOVER IN UK PRIMARY CARE</p> <p>2: NOTOCHORDAL & MESENDODERM PROGENITOR CELLS AS POTENTIAL CELL SOURCES FOR DISC DEGENERATION-ASSOCIATED BACK PAIN</p> <p>3: INCREASED PERSISTENT USE OF STRONG PRESCRIPTION ANALGESICS FOLLOWING SURGERY FOR DEGENERATIVE CERVICAL MYELOPATHY: A PROSPECTIVE NATIONAL REGISTRY STUDY</p>	<p>Jonathan C Hill, H Birkinshaw, M Usman, T Millward, J Bailey, S Wathall, R Naylor, R Malcolm, M Pegg, H Holmes, K Lee, T Wright, A Chudyk, A Braybrooke, R Burgess, M Lewis</p> <p>Joseph Snuggs, S Basatvat, R Williams, J van Maanen, M Tryfonidou, CL Le Maitre</p> <p>Lianne Wood, B Berg, M Grotle, T Solberg, T Ingebrigtsen, SE Lamb, E Danielsen, S Holmberg</p>
SESSION 10:	TRAVEL FELLOWSHIP PRESENTATIONS:	
12.45 - 13.00	<p>1. HARNESSING TECHNOLOGY FOR CHIROPRACTIC RESEARCH: INSIGHTS FROM THE SBPR FELLOWSHIP</p> <p>2. INVESTIGATING BIOREACTOR PARAMETERS FOR NEXT GENERATION INTERVERTEBRAL DISC TESTING</p>	<p>Alister de Rose</p> <p>Tim Holsgrove</p>

	3. HORIZONS IN RURAL HEALTH: LEARNING FROM THE UNIVERSITY OF SASKATCHEWAN	<u>Holly Whitcomb</u>
13.00 – 14.00	LUNCH, EXHIBITORS AND POSTER VIEWING	
SESSION 11:	THE ELAINE BUCHANAN MEMORIAL DEBATE:	CHAIR: Steven Vogel
14.00 – 15.00	"THIS HOUSE BELIEVES THAT CLINICAL GUIDELINES LIBERATE, RATHER THAN LIMIT, INNOVATION IN LOW BACK PAIN RESEARCH AND MANAGEMENT"	<i>For:</i> PROF KATE DUNN and PROF DAVID KEENE <i>Against:</i> PROF LISA ROBERTS and PROF DR JAAP VAN DIEËN
15.00 – 15.15	PRESENTATION OF AWARDS AND CLOSE	

POSTERS

1: HOW DO WE ASSESS AND MANAGE RADICULAR WEAKNESS IN CLINICAL PRACTICE? AN ONLINE SURVEY	<u>Lucy Dove</u> , L Roberts, AB Schmid
2: THE CHANGING FACE OF ACUTE LOW BACK PAIN MANAGEMENT BY PHYSIOTHERAPISTS, OSTEOPATHS AND CHIROPRACTORS IN THE UK: A 20-YEAR COMPARISON FROM 2003 TO 2023	<u>David W Evans</u> , NE Foster, AC Breen, T Pincus, M Underwood, S Vogel
3: BACK GUIDE – A STUDENT-LED MODEL FOR SUPPORTING SELF-MANAGEMENT OF LOW BACK PAIN AT WORK	<u>Bethan Heberd</u> , K Burton, S Eastburn, S Hudson
4: MODELLING THE INFLUENCE OF PELVIC ANATOMY ON THE PELVIC ROTATION REQUIRED TO COMPENSATE FOR LOSS OF LUMBAR LORDOSIS	<u>Judith R Meakin</u> , FE Mellor
5: DIGITAL WORKFLOWS TO IMPROVE OUTCOME COMPLETENESS IN BACK PAIN RESEARCH	<u>Nikhil Khadabadi</u>
6: VASCULAR PATHOLOGIES OF THE NECK MASQUERADING AS HEAD AND NECK PAIN: PROTOCOL FOR A RAPID REALIST REVIEW	<u>Nick Godshaw Brown</u> , Steven Vogel
7: ROYAL PRESTON HOSPITAL VIRTUAL SPINE ADVISORY SERVICE	<u>Zehong Chen</u> , P Veerappa, M Vadhva
8: USING SINGLE PHOTON EMISSION COMPUTED TOMOGRAPHY AS A DIAGNOSTIC TOOL FOR VERTEBROGENIC BACK PAIN	<u>Sophie White</u> , JK O’Dowd, RJ Harker
9: NONOBSTETRIC SURGICAL PROCEDURE IN PREGNANCY- MICRODISCECTOMY FOR ACUTE BACK PAIN	<u>Amelia Rupli Bhattacharyya</u> , KB. Jenanthan, M. Bhattacharyya
10: ELEVATED ALKALINE PHOSPHATASE IN ACUTE BACK PAIN? TUMOUR BIOMARKER – WHERE IS THE SOURCE	<u>Laksena Sureshkumar</u> , A Sivarajah, M Bhattacharyya