

YOGA for Healthy Lower Backs

www.yogaforbacks.co.uk

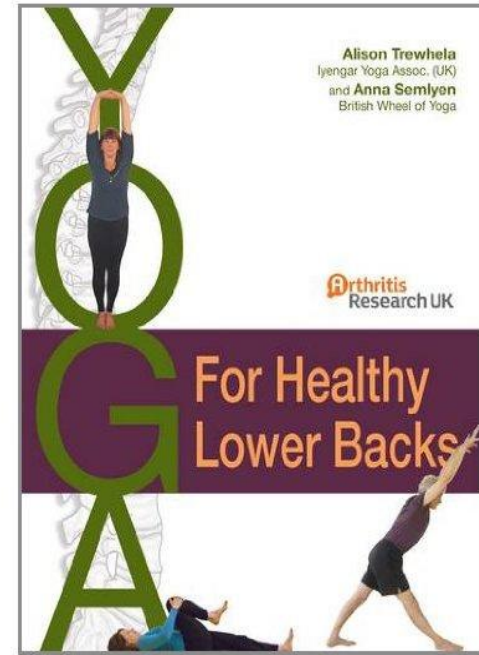
Presentation by Alison Trehwela, Truro

**Director of YHLB Institute -
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**Specialist Visiting Tutor (Yoga & Research) – University of Exeter
Medical School.**

**Designer of the yoga programme used in high-profile research
Winner of ICNM's 2013 'Most Outstanding Contribution to
Complementary Medicine'**

Introducing 'Yoga for Healthy Lower Backs'



**Evidence-Based, Mind/Body, Long-Term Self-
Management Treatment Option
for Recurring / Episodic / Chronic Low Back Pain**

Large Nationwide Project

YHLB represents:

- **'Generalizable' evidence-based yoga** intervention designed by Alison Trehwela (20 teachers from multiple yoga schools; 2 cohorts; 5 centres)
- **11+ years** of 'best practice design', research, post-research development;
- **500++** people have put in effort, work, passion (researchers, charities, publisher, CD developers, national bodies, and yoga teachers)
- **£438,500++** investment (£285,000 = charity funding, plus estimated £180,000+) University of York pilot trial (H Cox et al 2011) paper editing, educational resource accessibility, teachers travelling and paying for training courses, teachers attending CPD courses, presentations +++
- **Social Enterprise and nationally-accredited Yoga Training School**

Currently (2016):

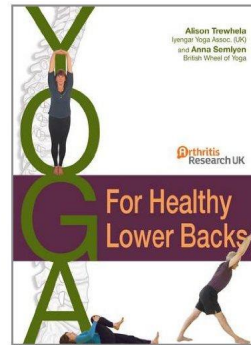
- **5000+** people benefitted from YHLB programme since 2007
- **350+** Experienced UK Yoga teachers trained
- **Performing well and available** throughout UK
- **Support** from NHS Academic Health Science Networks +++

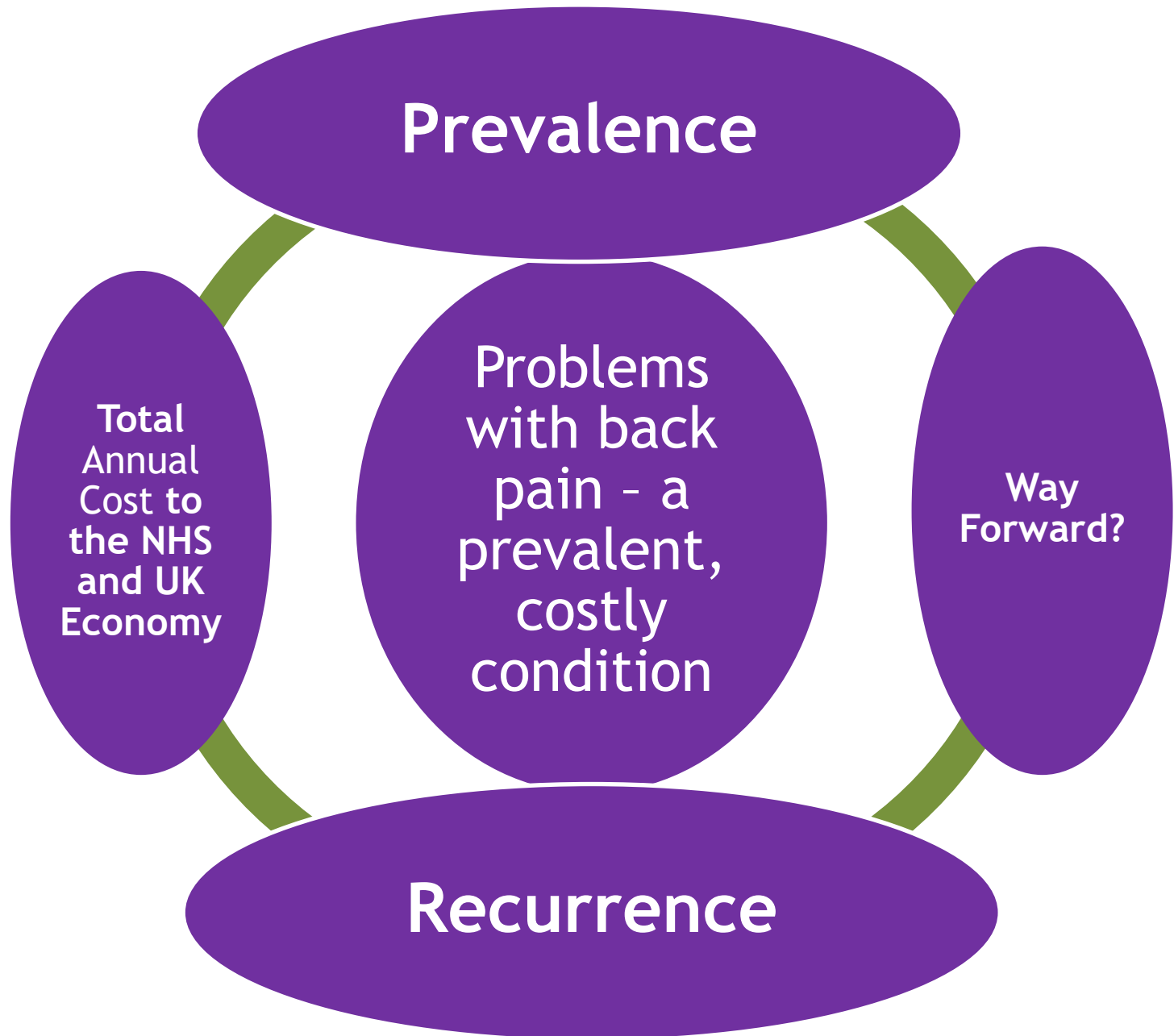
YOGA for Healthy Lower Backs

Specialised 12-week Course - Evidence-based
Arthritis Research UK / University of York Research

- *Gentle *Effective *Enjoyable
- *Quality *Small Group Classes
- *Unique *Specific *Individualised
- *Beginner-friendly *Cost-effective
- *Teaches and Motivates

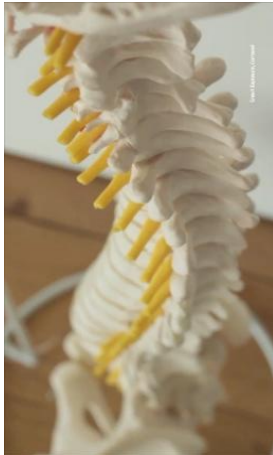
Health & Wellbeing Promotional Self-management





PREVALENCE / RECURRENCE

- 80% of people - low back pain (lbp)
- 1 in 3 people experience back pain each month
- 12 million GP visits p.a.



75% acute lbp cases re-present to GP within 12 months

Why?....

- ❖ Recurring / episodic condition
- ❖ Multiple causative factors (+psych.)
- ❖ Majority = not serious pathology
- ❖ Causes patients stress, disability, distress; contributes to diseases
- ❖ Few good long-term treatments
- ❖ Common advice = 'Keep Active' - patients often find/ believe this is not possible.

Total LBP Costs to UK Economy

Annual Back Pain Costs (2010):-

- £1.37 - £1.6 billion = NHS back pain treatment costs
- £2.1 billion = total costs to UK healthcare sector
- £15.84 billion = loss to UK economy, including productivity lost

Daily Costs of Back Pain in UK (BackCareUK 2012):-

NHS – £1.3 million per day

Disability Benefits – £13 million per day

UK economy – £37 million per day

The Way Forward = YHLB Alongside GP Care (as in Research)

- Patient-centred, self-management, health promotional treatments in Primary Care setting (Department of Health; NHS 5 Year Forward View; STPs, Right Care)
- Need for innovative, long-term self-care solutions - elderly population; sedentary and stressful lifestyles
- NHS England CEO quote re. 'Yoga for Healthy Lower Backs' (2013)
"This is just the kind of innovative, 'gold standard' evidence-based treatment option that commissioners in Cornwall could consider offering" with its "cost-effectiveness and health promotional approach".
- Parliamentary Under Secretary of State for Health (2016) *"The Department of Health is committed to developing an NHS that enables patients to play an active role in managing their health conditions. Health and wellbeing therapies, such as yoga, can be attractive to a number of patients, and may feature in a range of services that NHS organisations provide.....taking into account safety, clinical and cost-effectiveness and availability of appropriate practitioners."*

Research Support for YHLB

Arthritis Research UK

- Generously funded research (£285,000)
- Support 'roll out' of 'yoga package of care'
- YHLB features in magazine, website, healthcare professionals' newsletter, back-care leaflet.

*Alison Trehwela (University of Exeter Medical School Specialist Tutor, Senior Practitioner in Yoga Therapy BRCP, **CNHC registered**) designed YHLB yoga programme after much study/consultation work with IYUK and BWY yoga associations.*



The University of York supports social enterprise www.yogaforbacks.co.uk.
Bristol University Case Study. AHSN-NENC Case Study. Karolinska Inst.

6+ Published Papers; 7+ systematic reviews; 100s citations; articles; case studies; methodology book chapter.

Evidence Behind This Specific ‘Yoga for Healthy Lower Backs’ Programme

York Trials Unit,

Department of Health Sciences,

The University of York

- **Pragmatic, multi-centred, randomized controlled trial** (RCT); 313 participants

- Rigorously-conducted , robust analyses

- Experts on Trial Steering Committees, (EU LBP Guidelines Committee member)

- **‘Intention to treat’** model

- Peer-reviewed published papers

- Most significant yoga trial (builds on previous back pain and yoga research)

‘Annals of Internal Medicine’

[+ Yoga Video supplement link](#)

(H. Tilbrook, et al, 1 Nov 2011).

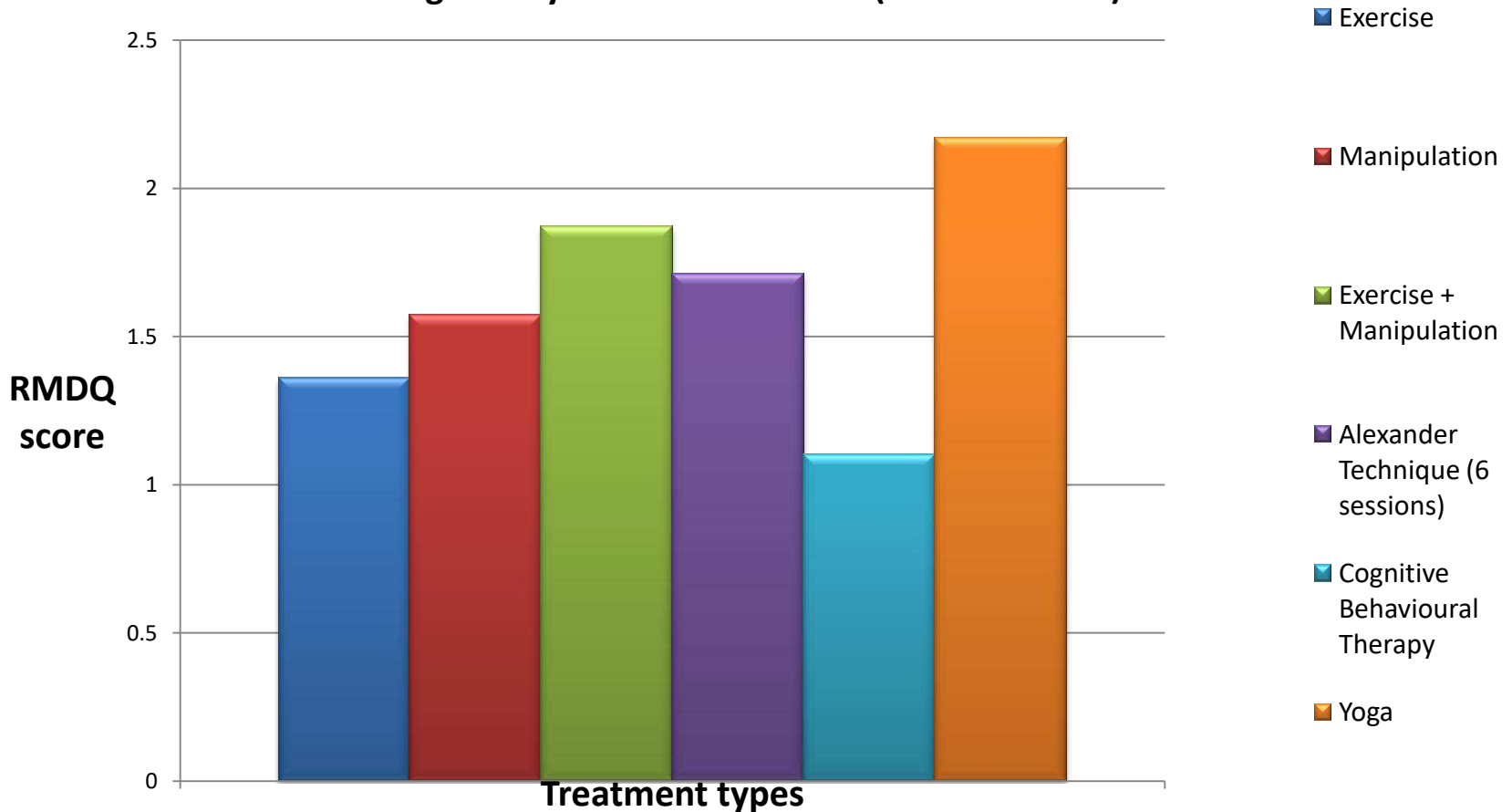
Link from www.yogaforbacks.co.uk.

“In summary, we found that offering a 12-week yoga program to adults with chronic or recurrent low back pain led to greater improvements in back function than usual care for up to 12 months. Yoga seems to be a safe and effective activity that clinicians could consider recommending for patients with a history of low back pain.”

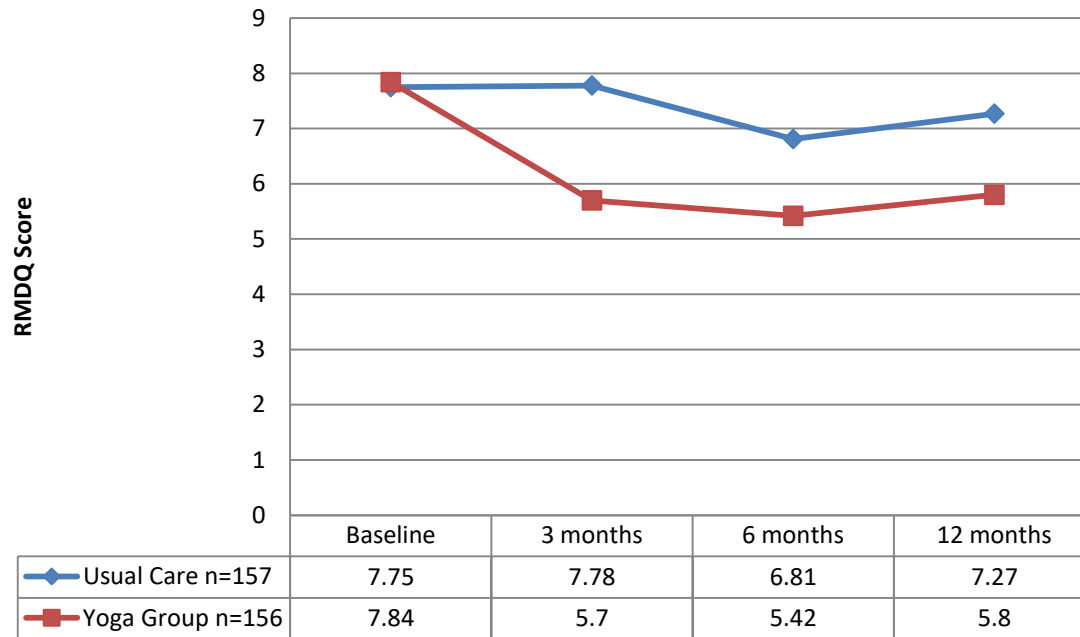
Forest Plot

(Annals of Int. Med.)

***YHLB's effectiveness for back pain relief compared to other similarly rigorously-tested treatments (NHS and CAM)**



Roland Morris Disability Questionnaire (RMDQ) Scores Over Time - Usual Care Group versus Yoga for Healthy Lower Backs Group



Primary Outcome Measure = RMDQ (how much lbp affecting normal daily function) – yoga showed ‘clinically significant’ improvements compared to usual care at 3 months (post-intervention), 6 months, + improvements were maintained at 12 months (‘for the long-term’). *Annals of Internal Medicine*

Secondary Outcome Measures for the Yoga group were better than usual care on all measures and at all time-points. Significant improvements on Pain & Self-Efficacy Q.

Long-Term Self-Management

Research shows YHLB gives skills/tools to positively affect lives for the long-term

- **Improvements immediately post-YHLB-course maintained at 12-months.**
- 60% of yoga intervention group still practising yoga after 12m. (82% immediately post-course)
- 60% attended 6+ classes (= input estimated to teach sufficient skills for long-term self-management) with improved outcomes (RMDQ -3) compared to original 'Ann.Int.Med.' 'intention to treat' analysis. Each additional yoga class gave incremental outcome improvements. Even offering just Relaxations CD (no contact with yoga teachers & no yoga classes) had positive effect. (*Physiotherapy Journal*);
- Phone calls to trial participants 4-5 years post-yoga trial revealed positive outcomes - 100% felt yoga was still affecting their lives positively.

Far-Reaching Potential



UK Research Shows YHLB is Cost-Effective

'Spine' Journal - (L-H Chuang et al, 16 August 2012) Economic Evaluation published paper

- **NHS - Cost-Effective** YHLB at £292 pp = cheaper than NHS physiotherapy packages / hospital rehab. programmes
- **Societal / Economic perspective** - 'Dominant treatment'.
- **Workplace Benefits.** YHLB = average of 3.83 days off work v. 12.29 in non-yoga (usual care) group over 12 months. (Savings of £813 pp pa after cost of YHLB).
(Work absence from back pain, depression/ anxiety/ stress amongst **NHS staff and Public Service workers** at all-time high... YHLB potential.)

N.B. Once-off self-management treatment

'Spine' Journal YHLB Cost Evaluation -££££ Good Value

*"Back pain represents a significant burden to the **NHS** in the UK and to society as a whole. As well as the associated health care costs, it is also a major cause of work absenteeism which leads to a productivity loss to society. While yoga has been shown as an effective intervention for treating chronic and low back pain, until now there has been little evidence on its cost effectiveness. **Chief Investigator, Prof David Torgerson, Director of York Trials Unit, The University of York***

'Conclusion. On the basis of this trial, 12 weekly group classes of specialized yoga are likely to be a cost-effective intervention for treating patients with chronic or recurrent low back pain.

In summary, the results of the economic evaluation support the use of 12 weekly group classes of specialized yoga for treating patients with chronic and recurrent low back pain within an NHS and non-NHS setting.'

*'Results. From the perspective of the **UK National Health Service**, yoga intervention yields an incremental cost-effectiveness ratio of £13,606 per QALY. Given a willingness to pay for an additional QALY of £20,000, the probability of yoga intervention being cost-effective is 72%. From the perspective of society, yoga intervention is a dominant treatment compared with usual care alone. This result is surrounded by fewer uncertainties—the probability of yoga being cost-effective reaches 95% at a willingness to pay for an additional QALY of £20,000.'*

Biopsychosocial Problem

A Long-Term Condition, Low Back Pain Restricts People:-

- Physically
- Emotionally
- Mentally
- Socially
- Workplace
- Resilience and General Health & Wellbeing

Previously, mainly treated 'the physical' with physiotherapy, painkillers, surgery, manipulation, (then, added follow-on CBT)

- ✓ Now- understand need to offer empowering, holistic option
- ✓ **YHLB offers Mind/Body Self-Care = Mobile/Strong, Coping, Positive, Active, Effective at Work, Resilient, Responsible for own Happiness and Health 😊**

What is Yoga for Healthy Lower Backs?

YHLB PROGRAMME = Course of **12 classes of 75 mins. 3-4 months** taught by experienced qualified yoga teacher.

A ONCE-OFF LONG-TERM SELF-MANAGEMENT TREATMENT for recurring/ episodic/ chronic low back pain. **'Patients' become YHLB 'students'**. Evidence-based educational resources.

TEACHING APPROACH = Kind; gentle; friendly; educational; empowering; supportive; de-medicalising; upbeat.

A COMBINATION TREATMENT Yoga addresses multiple layers of health and well-being. YHLB's multi-faceted approach works well for **'biopsychosocial'** condition of lbp....

- **physical**: strengthening/ stretching/ mobilizing /alignment of joints/ release of tension;
- **psychological**: focus/ concentration/ perspective/ attitudes/ mindfulness/ relaxation;
- **emotional**: philosophical concepts /breathing/ calming /de-stressing/ inspiration/ positive thoughts;
- **posture**: awareness/ standing/ sitting /lying/ walking/ daily life tasks (as in Alexander Technique);
- **educational**: user-friendly simple explanations about back function/dysfunction/ lbp conditions/ how to keep back/body/mind healthy for the long-term (**de-medicalizes** lbp for best outcomes).

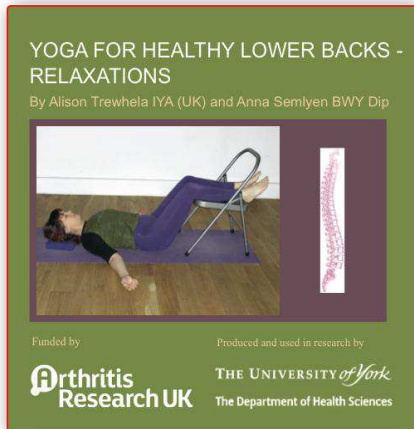
WELL-STRUCTURED GROUP ACTIVITY - (No = 6-12). Standardized programme with personalized modifications

SIMPLE, GENTLE & SUITABLE FOR BEGINNERS (+THOSE WITH YOGA EXPERIENCE) – taught according to 12 differing Teachers' Manual **class plans**. **Simple props** are used to aid efficacy, outcomes, understanding, e.g. chair, wall, table, blanket, pillow, belt.

Early Intervention – Prevention – Encouraging Self-Care and Health and Well-being.

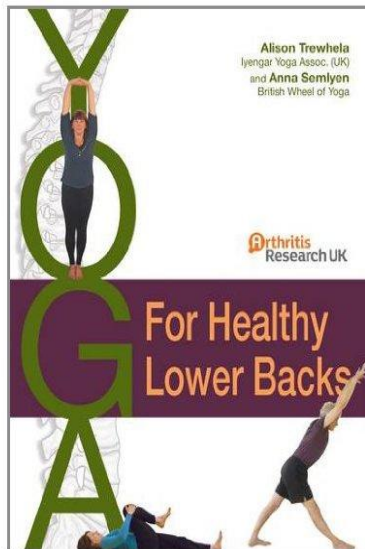
[Link to 60-Second video for NHS Innovations Accelerator application.](#)

Patient-Centred Long-Term Self-Care



*Relaxations CD –
(Track 1 also on
'Simply Relax'
App, translation
commissioned by
Sheffield CCG).*

*CD sales support
the Yogaforbacks
social enterprise
translational/
educational
work.*



*Book published by
Lotus Publishing*

- **SELF-MANAGEMENT TOOL-KIT** – Relaxations CD (4 tracks); 5 home practice sheets; course hand-outs, book (includes information on pain-relief and 'Yoga for your Daily Life', plus pose descriptions for effective, life-long practice.
- **HOME PRACTICE**
Suggested daily throughout course – 30 minutes.
Later, when back condition improves, practice recommendation - twice a week.

Life-style / Behaviour Change (NICE)

NICE recommends 12+ weeks for longer-term benefits

For LBP - NICE recommends group exercise, including yoga, 'as a first step to managing low back pain' (2016 Draft)

YHLB aims not just to improve quality of life during and immediately after yoga course, but for rest of life

- **Pain-relieving poses and relaxation taught first** – 'What to do if you get a sign of a painful back pain episode' pain-relieving 'menu' sheet, stress-busting, Relaxations CD.
- **Simple, gentle, educational approach** - Students learn to **quality-perform** basic lying, standing, chair-seated, prone and supine yoga poses and breathing & relaxation techniques.
- **5 carefully-designed Home Practice Sequence Hand-Outs** - Gradually progressing sequences, but taught how to step up, and sometimes down, appropriately.

NICE LBP Guidelines mentions Yoga

[\(Press Statement re. Draft, 24th March 2016 - Link\)](#)

- **Self-management** 1.2.1 Provide people with advice and information, tailored to their needs and capabilities, to help them self-manage their non-specific low back pain with or without sciatica, including:
 - - encouragement to continue with normal activities as far as possible.
- **Exercise** 1.2.2 Consider a group exercise programme (biomechanical, aerobic, mind–body or a combination of approaches) within the NHS for people with a specific episode or flare-up of non-specific low back pain with or without sciatica. Take people’s specific needs, preferences and capabilities into account when choosing the type of exercise.
- **Manual therapies** 1.2.7 Consider manipulation, mobilisation or soft tissue techniques (for example, massage) for managing non-specific low back pain with or without sciatica, but only as part of multi-modal treatment packages
- **Psychological therapy** 1.2.13 Consider psychological therapies for managing non-specific low back pain with or without sciatica but only as part of multi-modal treatment packages
- **Combined physical and psychological programmes** 1.2.14 Consider a combined physical and psychological programme (preferably in a group context, that takes into account a person’s specific needs and capabilities) for people with persistent non-specific low back pain or sciatica:
 - · when they have significant psychosocial obstacles to recovery or
 - - when previous treatments have not been effective.
- **Return-to-work programmes** 1.2.15 Promote and facilitate return to work or normal activities of daily living
- **Multimodal treatment package.**
 - Exercise alongside at least one of:
 - - Self-management
 - - Manual therapy --
 - - Psychological therapy (for example, cognitive behavioural therapy).

Lots of ‘Do Nots’, so patients/ GPs will perceive GAPS in SERVICE PROVISION

YHLB offers an evidence-based, readily-available, safe and effective, multimodal package.....alongside GP care in redesigned pathways

Additional Potential Benefits for YHLB Attendees

Research shows yoga can be beneficial for many medical conditions, e.g.:

- Depression
- Anxiety
- IBS
- Migraines/headaches
- Insomnia
- Prostate problems
- Gynaecological problems, including menstrual problems, fibroids, menopause, fertility, PMS,
- Musculoskeletal conditions - hip/knee/shoulder/neck/RSI
- Carpal tunnel syndrome
- Concentration
- Memory/cognition
- Fibromyalgia
- Post-traumatic stress disorder
- Cardio-vascular disorders ,including heart disease and high blood pressure
- Cholesterol
- Osteoporosis
- COPD
- Diabetes

Holistic approach with positive 'side-effects'

- Beneficial/ accessible to all ('inclusive')
- Community companionship/ support
- 12 weeks of yoga in primary healthcare significantly reduced stress and anxiety levels and improved perception of overall health status in patients with stress-related symptoms (Monica Kohn, Sweden et al)
- Chronic low back pain sufferers used 88% less medication and showed significantly less symptoms of depression after a course of yoga. (K. Williams et al)



Who Can Benefit From YHLB?

Those with episodic, recurring, low back pain, with or without sciatica. (If acute, delay start.)

Ability to get up from floor required.

Do not wait until next episode.



YHLB lessens Intensity, Frequency and Duration of back pain.

Especially useful for those who....

- ...want to learn how to help themselves forever
- ...wish to be more in control of own health
- ...are unfit / have injuries preventing other exercise (teachers will teach modifications)
- ...would benefit from relaxation techniques, gentle movement, postural awareness, simple exercise.
- ...have Yellow Flags, e.g. believes movement can cause harm / nothing can help; co-existing stress factors; taking escalating pain meds.
- ...have co-existing physical/ mental health conditions
- ...would benefit from consistent support of same yoga teacher in small group class
- ...are pre- or post-surgery
- ...where 'chronicity' and pain has set in, but preferably BEFORE the patient reaches this point.

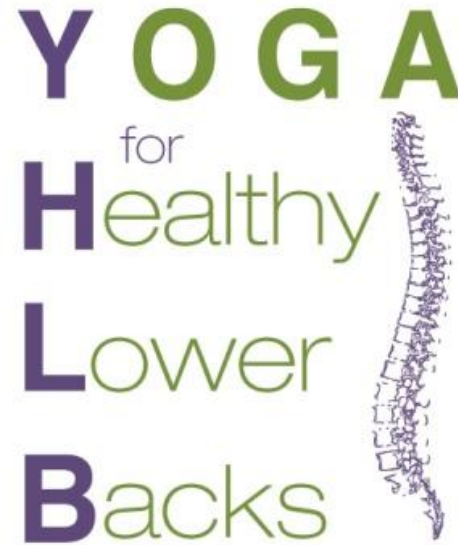
The Yoga for Healthy Lower Backs Institute - Raising UK Governance/Regulatory Standards

The **'Yoga for Healthy Lower Backs Institute'** is nationally-accredited by British Wheel of Yoga as a Recognised Centre of Excellence in Training and Standards. Institute tutor, Alison Trehwela, trains only high-quality, qualified and experienced yoga teachers in this YHLB evidence-based back-care yoga.

Institute teachers follow protocols, code of practice, policies to ensure excellence in service standards.

Teachers receive thorough initial/ on-going training in YHLB, plus continued mentor/ peer support whilst teaching yoga programme. Teachers additionally bound by extra regulation, governance, CPD requisites from their initial yoga teacher training school/ association.

Teachers deliver standardized programme according to class plans and students' and teachers' manuals, whilst applying approved modifications for individuals' needs.



Professional Quality and Standards of Support, Education, Care and Advice



Key YHLB aims = Keep to Evidence-Base; Adherence to 'Best Practice' Programme; Satisfaction

Attendees/ teachers/ referrers know exactly what YHLB is, i.e. the same quality evidence-based YHLB programme (unlike many other treatment options)

- Yoga for Healthy Lower Backs Institute Register teachers offer high quality YHLB courses after thorough 300 hr training course. Evidence-based educational resources.
- Mentor/ buddy-up support. Team Area Contacts; Regional Clinical Leads. Open communication. CPD Provision.
- Ongoing Assessments – Pre-Course (Registration Form + phone-call); Class 1; +
- Teachers taught to recognize **Red Flags** - procedures for onward referrals.
- Evaluation – baseline and post-yoga measures (RMDQ, BBPQ, VAS, Friends&FamilyTest, Student Feedback Form)
- Post-course report for GP

Working collaboratively to get this out to more people – beat the typical 16 yrs from research to NHS patients time-scale!

Cornwall 2015 Performance Results Summary

23 YHLB students – outcome data analysed. Improved results compared to initial trial:-

- 63% improvement in ‘resilience’ / feeling empowered to control and cope personally with back pain (14 students had top scores)
- 58% improvement of functioning in daily life = clinically significant reduction of 3 points on back pain disability RMDQ score
- 64% and 6.1 point reduction on RMDQ score for those with pre-course scores of 7 or above (as in original research)
- 52% improvement in reduced restrictions (physical, mental & social) on Bournemouth Back Pain Questionnaire
- 57% reduction in pain perception on Visual Analogue Scale
- 60% Referrals from NHS Health Professionals
- Attendance rates average = 10 out of 12 classes
- Reduction in NHS resources utilisation (A&E, surgery, physio, meds.)

A. Trehwela 2015

Building Stronger Communities and Patient Satisfaction - YHLB Offered in the Community

Examples of venues currently used:

- Eco-building (also: music, general yoga, dancing, whole-food cafe, art workshops)
- Leisure Centre (sports, swimming-pool, cafe)
- Hotels (swimming-pool, gym, spa, restaurants);
- Complementary and Natural Medicine Centre (meditation classes, CAM treatments);
- Physiotherapy Centre (exercise classes, physiotherapy treatments)
- Health & Wellbeing Centres (GP surgery and hospital links)
- Village Halls (community events, courses)
- Yoga Centres
- Physiotherapy Centres



How YHLB can benefit you as a Health Professional

YHLB IS UNIQUE - the only yoga course currently available with such robust and significant evidence behind it. You may want to recommend yoga, but

until now have only given VAGUE advice....

Yoga for Healthy Lower Backs specialised yoga should be recommended. It represents...



- 'Combination' Mind/Body option, addressing 'biopsychosocial' nature of lbp. (NICE)
- **Satisfied patients feeling in control of impacting health positively**
- Lifestyle changes for long-term positive outcomes
- Continuity of support from same professional, alongside GP Care
- Once-off course; life-long physical and mental health self-management tool-kit
- Quality assurance; specific; 'best practice'; evidence-based; **available**

Gain first-hand experience by joining a course, as other health professionals have.

How YHLB can benefit GPs, Physiotherapists, OTs

For GPs -

- Patient choice; in the community
- Less costly than most other back pain treatments
- Once-off treatment; life-long tools for self-management
- Less subsequent patient visits; ('revolving door')
- Potential improvements to co-existing conditions
- Back Pain patients cost twice as much as non-back pain patients

For Physiotherapists/ Occupational Therapists -

- Referral Option(after acute phase settled, to prevent re-presentations /dissatisfaction)
- Fully-resourced, patient-empowering course (book, Relaxations CD, practice hand-outs, postural/ daily living advice)
- Specific, evidence-based, well-structured 12-week course that encourages behavioural change
- Mind/Body treatment addresses multi-factorial causes of lbp

How YHLB can benefit NHS Health and Social Care

For Commissioners –

- MSK Budget Cost-savings; offering good 'Value' (Right Care)
- Cost-savings to overall budget - patient-centred, long-term self-care option for prevalent long-term condition (LTC); multi-morbidities
- Improvement to 'GP conservative treatment' when redesigning back pain care pathway
- Partnership-working - Public Health, Councils, others, to provide integrated preventative Primary Care services, encouraging long-term healthy living choices
- QIPP benefits

For Councils –

- Helping long-term chronic pain patients improve/ re-establish normal function
- Partnership-working with NHS and charities
- Inclusivity - yoga suits all
- Community-based activity
- Empowers citizens to self-manage long-term mental, physical, social health.
- Social Prescribing

Documents Available

YHLB Programme Offers Students

- **Attitude/ Mood Enhancers** – **philosophical themes** , e.g. ‘Strength’ (muscles, bones, discipline, belief = open mind to allow change). (CBT approach)
- **Self-Help Tools for lbp and co-existing conditions**
- **Regaining Long-Term Normal Functioning** – physical, mental and social
- **Self-Awareness/ Mindfulness Techniques**
- **Self-management of Long-Term Conditions** - Students surprised to find they can have pain-free days / months.
- **Self-Empowerment** – (Opposite of ‘You must heal me’ patient approach.)
- **Continuity of Care** - Same teacher.
- **Group Support** - attending yoga classes with group of people starting at same time.
- **Ideal Gentle Start to Becoming More Active** – Better than ‘general’ yoga / exercise.
K. Sherman cautions patients against racing to the nearest gym to sign up for yoga classes. "The yoga classes we studied weren't just any yoga class," she said. "It's important to find an instructor who is accustomed to teaching beginners and accustomed to using yoga therapeutically."
- **Positive Behavioural Changes** – skilfully taught so that practice ‘on the mat’ spills out into daily life, e.g. exhale when lifting
- **Focus on Positive Health & Wellbeing Changes**



People Enjoy YHLB

- *“Nothing difficult – just learning to stand, sit, lie more correctly. Can’t do any harm, as you work at your own pace, sometimes just imagining poses.”*
- *“Yoga is better than painkillers. Relaxation CD makes me feel stuffed with painkillers. No pain in arthritic hip, back and neck.”*
- *“I was sceptical, BUT I’ve sacked my chiropractor!”*
- *“I can’t believe something this subtle and gentle can give such huge effects.”*
- *“It feels as if I now have my back pain under control – it no longer controls me and my outlook feels much more positive after many years of worry.”*
- *“After 20 years of pain I’ve turned a corner.”*
- *“Didn’t know I could help myself like this – thought I had to rely on others to fix me, but that didn’t work... and this does.”*
- *“If I get a twinge, I now don’t panic – I just settle it with a pain-relieving pose and listen to the CD.”*
- *“Despite investigations showing nothing, I thought something was seriously wrong, so would end up in A&E several times a month with back spasms. This yoga is gold-dust, especially the use of the exhalation to calm the brain and release the muscles before they get a grip.”*
- *“I wasn’t keen on the physio approach, as it hurt at the time and afterwards (in fact I often didn’t go!). This is far gentler and I am loving being in control.”*
- *“Post-back-surgery, this has been a god-send and I look forward to a lifetime of yoga practice.”*

Case Studies

Dan W says:- *“I admit I had a grumbling back with painful episodes for years. After a particularly long period of intense pain that was restricting my life, I was booked in for NHS back pain surgery, but something in my head and then a second consultant’s opinion suggested that I postpone this operation. I began a Yoga for Healthy Lower Backs course with the hope that it might help reduce my back and leg symptoms. By week 3, I felt confident to cancel my scheduled surgery. Amazingly, by week 8, I had no back pain and only very occasional minimal sciatic pain in my foot when waking in the morning, which I could completely alleviate by doing certain yoga poses. This has been a life-saver.”*



Ruth P says:- *“I was not at work, a bit depressed, and could not stand up straight when I began the course as part of the clinical trial and I was waiting for the results to my NHS MRI scan for my intense sciatica and leg and back pain. By the time the consultant phoned me to tell me that I had a herniated disc and that they might be prepared to offer surgery, I was able to say that I was 98% cured. Huge thanks to the yoga classes, the book, handouts, and relaxations CD that have helped me to help myself, not only at that time, but 7 years later still now, and forever = amazing!”*

Health Professional Recommendations

An NHS back pain specialist physiotherapist, who attended the full course, wrote:-

*“In my personal view, the course you have devised and run is genuinely **excellent** in terms of content, style/clarity of teaching and effectiveness. Progression of exercises and pace is graded very well.*

The course literature is very good and serves as a reminder.

Overall, I would highly recommend the course.

If I had significant back problems, then without question, this is what I would do - And I have been involved solely with low back pain for 12 years with a specialist pain clinic and have Masters level qualifications in the subject.

It’s probably unique as a course and is extremely well thought-out and delivered.”

A Cornish GP after attending the full YHLB course, 3 years after having had micro-discectomy surgery:-

“My back is 99% of the way there! Yes, it is definitely worth pursuing NHS funding for the Yoga for Healthy Lower Backs programme!”

A Cornish GP stated:- ***“How can we refer to this specific yoga course?”*** and another GP (LMC Chair) said ***“This definitely WILL be offered in the NHS in the future.”***

A hospital back pain specialist orthopaedic consultant said ***“This is just the kind of guided self-care course that the NHS should be offering patients.”***

Investment in YHLB - Some Post-Research Development Projects

- **Yogaforbacks.co.uk social enterprise** set up by A Trehwela & A Semlyen with University of York & Arthritis Research UK support - education and promotion of YHLB
- **The YHLB Institute Registered Teachers** - teaching 12-week YHLB courses
- **Qualified and experienced Yoga Teachers (350+)** - 300hr YHLB Teacher Training Course
- **YHLB Institute Tutor** – training/ mentoring
- **YHLB Institute CPD Days**
- **British Wheel of Yoga** – In-Service Training Days on YHLB (20+)
- **YHLB Institute Strategy and Advisory Committee** - raising standards; awareness; collaborations
- **Lotus publishing** – book editing, printing, promotion
- **British Council for Yoga Therapy** – raising UK standards in therapeutic yoga teaching; support; forums
- **BackCare UK Charity** – invited partner at conferences & exhibitions, magazine editorial, advice & support
- **Health & Wellbeing Innovation Centre Truro, Cornwall** – business support
- **European Centre for the Environment & Human Health** – support; events
- **University of Exeter Medical School students** - work and study
- **GPs in Cornwall, Devon, Sheffield, ++** - signposts to YHLB courses +Relaxations CD; wait-room displays
- **NHS Accelerator Programme** – Yorkshire
- **Conferences / Exhibitions** – NEC, Olympia, +
- **NICE Low Back Pain Guideline Review** – YHLB stakeholder input
- **Sheffield CCG** – Commissioned Urdu Relaxation translation for our App
- **Physiotherapists/OTs/Osteopaths** - presentations in UK hospitals
- **Hospital Departments** –YHLB displays

Prior Investment in YHLB - Randomised Controlled Trial

£450,000+ Since 2005

**Charity
Arthritis**

Research UK –
generous funding of
original research; media;
education; ongoing
advisory support

- **University of York's Dept. of Health Sciences & York Trials Unit and University of Hull** - pilot and RCT trial, 6 published papers, YHLB educational resources

- Trial Independent Steering Committee (academics- **Universities of Paris, Southampton, London Imperial, Cambridge**)

- **British Wheel of Yoga and IYUK** – collaborative work, support re developing 'best practice' yoga programme based on prior yoga for lbp research; A. Trehela (IYUK) designed programme and trained 20 trial teachers

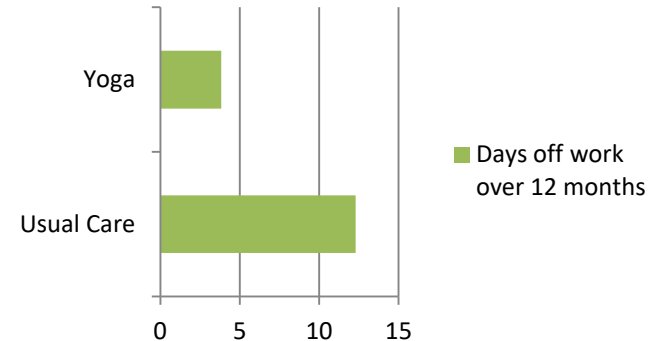
- **Alison Trehela (Cornwall), Anna Semlyen (York) and Prof. John Aplin (University of Manchester)** – trial team yoga consultants since 2005.

YHLB in the Workplace

Improve Long-term Health and Wellbeing 'Yoga for Healthy Lower Backs' Programme

- Just 12 classes (1¼ hour each week) offers research-proven long-term health benefits
- Enjoyable activity that encourages lifelong use
- Continuity of support from course teacher and colleagues
- Gentle approach; suitable for beginners
- Physical and mental fitness levels sustainably improved gradually and appropriately
- Small group classes (7-12)
- Relaxation and postural techniques
- Motivation to incorporate skills into daily life
- Combination package of care that addresses physical, emotional and psychological aspects
- 'Best Practice' holistic course devised by experts

Please ask for our Workplace Trifold leaflet.



70% Reduction in Work Absenteeism

Those in the yoga group had an average of only 3.83 days off work compared to 12.29 in the usual care group over the 12 months studied – approx. 70%.

Workplace - Good Health is Good Business

- Back pain costs UK £19 billion p.a.
- More days lost to back, neck and muscle pain than any other cause (30.6m)
- Mental health problems, such as stress, depression and anxiety, contributed to 15.2m days of work lost
- 75% of acute back pain will recur within 12 months.
- Each day around 1% of the UK's working population will be off sick due to back pain.
- 1 in 3 answered 'Yes' to 'Have you felt back pain within the last month?'

Offer 'Yoga for Healthy Lower Backs' Course as Long-Term Solution

- ✓ Support valued employees by helping them improve health with cost-effective education
- ✓ Give staff tools to keep working creatively, energetically, productively and happily
- ✓ Promote long-term healthy lifestyle choices
- ✓ Encourage team-working
- ✓ Reduce impact of back pain and stress-related conditions on workforce and business

"I used to have 2-3 periods of time off work each winter due to my back pain and associated depression – this year = none!"



"This course has taught me to lessen the frequency, duration and intensity of back pain episodes. Hurrah."

YHLB Cost Benefit

Economic Cost-Savings

70% reduction in work absenteeism.....

After YHLB, students still integrating simple yoga skills into daily life.....

Longer-term cost-savings for employers/ NHS/ others – YHLB provides lifelong skills for self-management of a prevalent, recurring and costly condition.....

Fully-resourced 12-week ‘Yoga for Healthy Lower Backs course valued in 2012 published research at £292 pp.

For NHS - this self-care course was shown in published research to be cost-effective, compared to physiotherapy packages and hospital rehab. programmes.

Patients asked to contribute (£100) to encourage commitment. (2016)

For businesses – research shows offering a £292 course would be likely to give **cost-savings of £817 pp per annum** (based on average salary).

Cost Comparisons

- **For Attendees...**

- Physiotherapy/ chiropractic consultations (15-30 mins) could cost £35-45 x 3-50 sessions (e.g. 25 sessions could cost £1750+).
- A cappuccino per working day for 6 months could cost £300
- A term of 'general' yoga classes (not:- a well-structured course that starts gently, evidence-based, specialised, taught by specifically-trained back-care teacher, small group class, enabling practise at home for the long-term back health, designed specially to make sure it does not 'upset' your back) could cost £120.
- 3 months' subscription to a gym could cost you £100+

- **For NHS...**

- NHS AQP = physiotherapy/ manip. Package = £107-£156 - typically provides 4 x 20-minute sessions i.e. 1hr 20 mins. average patient contact time (= just 10% of YHLB time).
- Cost of similar rehabilitation programmes (COPD - average cardiac BHF) = £307- £477 pp
- **Back Pain Patients are twice as costly.** NHS costs annually for each '**back pain patient**' = £1076; compared to a '**non-back-pain patient**' = £516 (London School of Economics & Political Sciences studied 100,000+ patients).....
...Turning just 50 patients into non-back-pain patients could save £18,000 p.a. after payment of £200 pp cost to NHS for YHLB courses = good investment and happy patients.

Key Messages



TIME FOR KNOWLEDGE TRANSFER

Building on Prior Investment – Time, Effort and Money

The need for inclusivity and upping scale and volume.

Key Messages for:-

GPs, Physiotherapists, Health Professionals *‘The evidence-based YHLB programme is safe, effective and cost-effective for recurring/ chronic LBP. YHLB Institute Register teachers deliver high quality, ‘best practice’, specialised yoga. Recommend YHLB, as others are, not just ‘any yoga’.’*

General Public – *‘YHLB represents small group specialised yoga. It costs more than normal yoga classes, but less than other back pain treatment options. It is simple, enjoyable and effective and works for the long-term. Learn to help yourself to better health.’*

Media - *‘Specialised, appropriate yoga taught by well-qualified teachers, such as The Yoga for Healthy Lower Backs programme, is good for back pain.’*

YHLB Teachers – *‘It is now easier to set up YHLB courses than in 2011 due to ‘championing’. Making collaborative efforts to teach and publicize YHLB will aid sustainability.’*

Workplaces – *‘With YHLB you know employees will receive the same yoga that was shown to improve back health reduce absenteeism from work by 70% over 12 months.’*

What YHLB is Not...

With Its Specificity and Quality-Assured Evidence-Base, YHLB is Not the Same As.....

- Going to the **gym** (limited supervision; not always appropriate)
 - Going to **exercise classes** (REPS offer 4hr low back pain course! compared to our 300hr; Could be too strenuous)
 - Going to **general yoga class** (may not be appropriate)
 - Going to a **yoga therapy 1-1** (evidence shows improved outcomes in groups; no evidence-base)
 - Going to a **physiotherapist** (mainly addresses acute phase; unlikely to empower long-term; probably less gentle approach)
 - Going to **osteopath / chiropractor** (passive; physical; acute; short-term)
 - Going for **CBT** (does not address the physical)
 - Going for **injections** (not NICE recommended; short-term)
- ✓ **Thank you for signposting to the specially-designed YHLB courses = 12 classes; 15 hours tuition; 52 hours supported self-management; 3-4 months; lifelong toolkit for back health self-management and HWB.**

Cornwall YHLB Teaching Team

- 6 teachers in main team, including research programme designer (lead), GP, physio; + 7 more
- Courses now in Penzance, Penryn, St. Austell, Perranporth, Launceston
- Capped No. of courses per year = 20-40; no repeat treatments = no drain on NHS budgets, if commissioned
- If commissioned, patients contribute to costs, e.g. £100.80 as 'mind/body prescription charge' by way of 'commitment contract'
- YHLB Steering Group for Cornwall - Engaging with GPs KernowHealth CIC, KCCG, CFT, Back Pain Pathway Leads, Pain Clinics, Spinal Interface, MPs, PPGs, HealthWatch, SWAHSN, MPs, charities, NHS England Innovation +

Pilot Project QIP

- Dr. Anna Huette (Yoga and YHLB teacher)
- Under mentorship of Dr. Katz (KernowHealthCIC Deputy Medical Director, KCCG, LMC)
- NHS England Health Education SW Deanery Leadership Bursary (Dr. Stephanie Jackson, tutor)
- Seeking part-funding for sustainability of future YHLB provision
- Penryn Surgery NHS Patients, Cornwall
- Patients prepared to sign up and commit to self-management course (12 within 2 weeks; good attendance)
- Patients prepared to pay for course (£60-£100)
- Benefit to GP 'conservative treatment' part of back pain care pathway.

How to Book YHLB Courses? (2016)

Enquiries For Cornwall –

Alison Trehela

Email

info.YHLB@gmail.com

Tel. 07787 851217

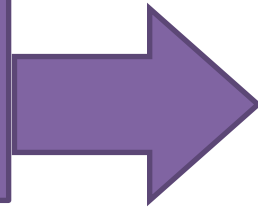
Other Regions Info -

www.yogaforbacks.co.uk

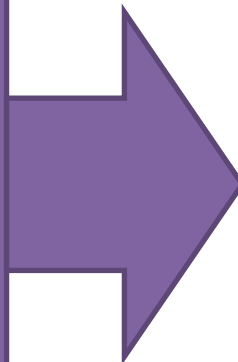
Yogaforbacks.co.uk
Website's
'Find a Teacher'
Page lists teachers +
YHLB regional Team
Pages
(locations/ times/
teacher)

+

Information
regarding
programme and
the research +
Video

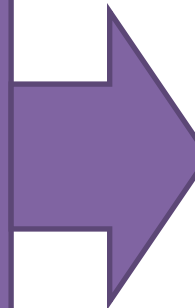


Enquirers receive
General Trifold
Information Sheet
and Patient
Information Sheet.
Registration Form
completed.
Potential attendee
advised if accepted
as suitable for
course.
Put on Wait-List.



Specific Course
Information Sheet
sent (dates, times,
class breaks, what
to expect, what to
bring, venue
accessibility, +++)

Attendee and
Teacher Contact by
phone (or email).



12-Class YHLB
course begins.
Outcome measure
forms completed.
Class 1 Assessment.
Attendee receives
course materials
and pays YHLB
Teacher Class-
Teaching Fees at
Class 1 & 7



Ongoing
assessment.
At course end,
attendee fills out
outcome
measures plus
Student
Feedback Form.

Letter sent to
GP.

Next Steps

- Outrageous/ unethical/ unbelievable that on average it takes 16 yrs from research to NHS patients! (AHSN)
- Do not underestimate the POWER of YHLB – nor the POWER of the GP to motivate and encourage their patients to self-manage....show them something user-friendly, tangible and with real evidence-base.
- Offer as part of ‘Conservative GP Care’. Less repeat visits – happier patients...happier GPs...happier CCGs!
- YHLB is not for every patient, BUT if some patients can be motivated to help themselves to improved long-term Health and Wellbeing then that represents gold-dust, ‘more than medicine’ GP work.

Ideas???

Q&As???

Working Together to Get YHLB to More People

- Refer people to Yoga for Healthy Lower Backs (YHLB) courses. Trifold leaflet on notice-boards + give out paper / digital copies.
- Speak about YHLB and www.yogaforbacks.co.uk
- Facilitate YHLB commissioning / provision <https://youtu.be/e-Y-9xma2No> (NIA 60-sec video Earlier Intervention. Prevention. L TCs)
- Keep the YHLB Relaxations CD in your office / surgery
- Try a YHLB Class / Course
- How can we help you more? info.YHLB@gmail.com
- Subscribe to our free newsletter – www.yogaforbacks.co.uk

Thank You for your interest and support.