

## Meet Your Study Team



### **Principal Investigator**

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### **Self-Management Leaders**

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**A Collaborative Project of  
Stanford Systems  
Neuroscience and Pain Lab**

**Stanford Health Care  
Orthopaedics and Sports  
Medicine Physical Therapy Clinic**

**Stanford Patient Education and  
Research Center**

**If you have Low Back Pain  
and are seeking  
Physical Therapy care  
please contact Nick!**

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For general information about participant  
rights, contact 1-866-680-2906

## Do You Have Back Pain?



**You May Be Eligible for an  
Innovative Physical Therapy  
Treatment Study!**

 **Stanford** MEDICINE | Systems Neuroscience  
and Pain Lab

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HEALTH CARE

## About the Study

This study is assessing whether the combination of physical therapy (PT) and a self-management program (SMP) for people with persistent low back pain is more effective than each of these treatments administered alone. All treatments are evidence-based.

The study is comprised of 6 weeks of treatment and questionnaires that you will receive before treatment, mid-treatment, and at the end of treatment (6 and 12 weeks).

## Who is Eligible?

Any person with low back pain and a physician referral for Physical Therapy care is eligible to participate, provided they are:

1. At least 18+years of age
2. Not pregnant

## About Participating

1. Research is voluntary. You may withdrawal from the study at any time without consequences.
2. You will have an opportunity to ask questions throughout the study, and we will explain every step of the process.
3. Information you provide to us is intended for research purposes only. Your identity will be kept as confidential as possible as required by law.

## What are the Benefits?

Some of the physical therapy tools you will be provided with include:

- An evaluation and individualized treatment plan
- Targeted exercises to address your lower back movement impairments which are aimed to improve your pain control

Some of the many self-management tools you may learn and use include:

- Relaxation Techniques
- Fatigue Management
- Action Planning
- Understanding Emotions
- Healthy Eating
- Sleeping Well

## How Much Does it Cost?

The Stanford Chronic Pain Self-Management Program (SMP) is offered for free, and includes a free book and CD.

The cost of PT (6-12 sessions total) is dependent upon your insurance plan.

## Where and When?

Treatment will be provided at the Stanford Health Care Outpatient Center in Redwood City, Pavilion B, 3<sup>rd</sup> Floor. The 6 SMP classes are conducted once a week, last 2 ½ hours per session, and are held in the afternoon.

*We hope you will join us!*