

Low back pain (LBP) is a prevalent and costly medical condition causing significant disability globally. Clinical practice guidelines (CPGs) recommend screening for psychosocial factors using validated tools to identify patients at risk for chronic LBP and disability. Despite the availability of CPGs, their implementation remains low due to various barriers, including lack of awareness and training. This research proposal aims to develop and implement a clinical pathway at Advanced Physical Therapy Center, Michigan, to address these challenges. The project includes chart audits and surveys to assess current utilization of screening tools and outcome measures, followed by focus groups to identify barriers and enablers. Additionally, a pilot study will be conducted to assess the effectiveness of a clinical pathway, integrating the Empowered Relief™ program, an online intervention targeting psychosocial risk factors. The project utilizes the Knowledge-to-Action cycle and integrated knowledge translation strategy to guide the development and implementation of the pathway, aiming to improve adherence to CPGs for LBP management. The findings from this research will inform the development of a streamlined clinical pathway for effective LBP management, with the potential to enhance cost-effectiveness and patient outcomes in clinical practice.