Oral Communication

OC-93

Adherence to Exercise Therapy and Physical Activity Among Individuals With Chronic Low Back Pain and its Contributors

Topic: Exercise

Julien Giraudo[1], Leslie Toko-Kamga[1], Viet-Thi Tran[2], François Rannou[2], Christelle Nguyen[2]

[1]*AP-HP, Paris, France*
[2]*Université Paris Cité, Paris, France*

BACKGROUND

Chronic low-back pain is the world's leading cause of disability. The mainstay of treatment is physical exercise therapy, learned under supervision and then practised independently. Exercise adherence is necessary to obtain the best clinical results, but there is no standardized measure of it, and its determinants are poorly understood. Our objectives were to measure exercise adherence in patients with chronic low back pain in a standardized and reproducible way, to describe the profile of adherent patients and to identify factors associated with adherence.

METHODS

We measured exercise adherence in a sample of patients from the ComPaRe low back pain e-cohort, using the EARS questionnaire. Adherence was defined as a score ≥ 3/4 on the first item of the EARS. We asked participants about the supervision they had, or had not, received and its modalities, and compared them between adherents and non-adherents. Logistic regression was used to identify variables influencing adherence.

RESULTS

Four hundred ninety one patients were included in the analysis; adherence was 45%. Bivariate analysis revealed that adherent patients had more often benefited from recent (within the last 6 months) supervised sessions; other supervision modalities did not differ between adherent and non-adherent patients. Multivariate analysis revealed that a high level of previous physical activity (OR [1.77;3.98]) and a high level of pain (OR [1;1.02]) favored adherence, and that a high perceived treatment burden negatively influenced adherence (OR [0.94;0.96]).

CONCLUSION

Overall, 45% of patients were adherent to exercise for chronic low-back pain. To our knowledge, this is the first study to measure adherence in this way in this specific population. Supervision seems to have little influence on adherence, contrary to what has been accepted in literature.

Statement of Disclosures

None

Corresponding Author:
Julien Giraudo
AP-HP, Paris, France
Email: christelle.nguyen2@aphp.fr

Doi: 10.5606/archisprm.2026.OC-93