

Cognitive Functional Therapy Beyond Low Back Pain: a case series

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Background

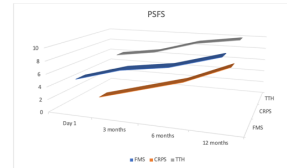
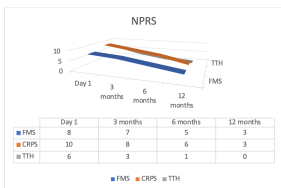
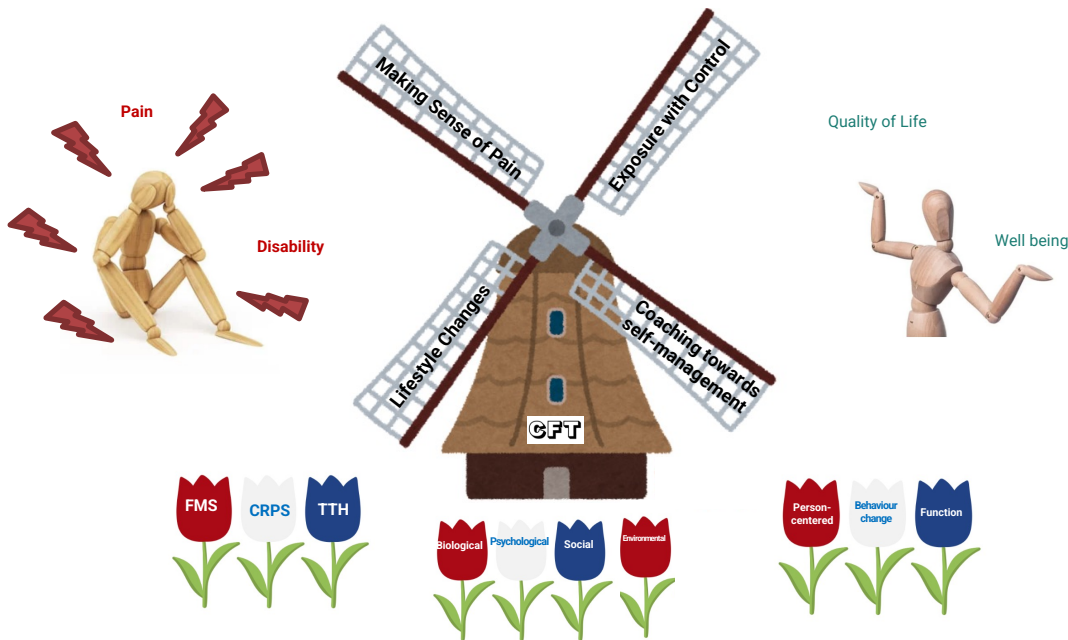
Cognitive Functional Therapy (CFT) is a promising approach for chronic non specific low back pain and several randomized controlled trials showed that it can be helpful for reducing pain and disability. It is a biopsychosocial approach that deals with the multidimensional impact in quality of life of chronic patients. Despite the moderate existing evidence, CFT still was not applied to other types of chronic painful syndromes.

Methods

This is a case series regarding the use of CFT in the evaluation, treatment and coaching of three different pain conditions. The patients were submitted to all four main components of the CFT approach.

Results

Patients received an individualized exercise program and were monitored remotely, followed by one year and also received a booster session. The outcomes measured were pain intensity, disability, quality of life and function.



Conclusions

Although the distinct diagnoses, all three patients that were treated by CFT approach presented improvement of the pain intensity and restored function. These results corroborate with the idea that more research involving CFT should be carried out within different populations in order to test its effectiveness.

References

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Acknowledgments