The Chronic Low Back Pain Epidemic in Older Adults in America

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physical functioning [12]. Physical exercise has shown e f cacy in treating CLBP, but many older adults face: physical limitations; disabilities; weaker cardiovascular systems; and deteriorating bone, joints, and connective tissues that limit or prevent engaging in regular activity [4]. Older adults also tend to rate exercise less favorably, possibly due to discomfort or limited ability, fear-avoidance behaviors, and kinesiophobia [6]. Fear avoidance is a term used to represent the emotions and avoidant behaviors that result from a fear that exercise or movement can cause pain that may worsen the condition. Previous research has shown fear avoidance to have a negative relationship with physical performance outcomes [13-15]. Furthermore, these behaviors can predict, at least in part, chronic disability or episodes of pain the following year [16,17].

Pain management programs such as Functional Restoration (FR) were established for CLBP patients facing debilitating e f ects

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