Interagency Back on Track Programme

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Primary Care Physiotherapists
Supported by Primary Care Team

Fitness instructors
Outcomes- 1st three years

- 90% reduced fear avoidance behaviours (Tampa Scale of kinesiophobia)
- 98% improvement in physical function (patient specific functional scale- 1 item)
- Positive changes in beliefs/attitudes (Keele STarT Back 9 item clinical screening tool)

Recruited 203
- Started 164
  - Completed 101
    - Did not complete 63
  - Did not start 39
- 50% completed the 6 week programme

Reasons for withdrawal included:
- Family or work commitments
- Pain ‘flare up’
- ‘Not for me’ attitude
Reactive Healthcare Model
Public perception of healthcare at times
Proactive Healthcare model for a healthy Ireland