

Addressing Low-Back Pain in Low- and Middle-Income Countries: The Global Spine Care Initiative and the World Spine Care Yoga Project



The journal *Lancet* recently published three articles¹⁻³ drawing attention to the global burden of low-back pain, particularly in low- and middle-income countries (LMIC). The series describes the challenges of prevention and treatment and makes a call to action that includes a number of recommendations of interest to comple-

mentary providers like yoga therapists. As part of a suggested need to “move away from emphasis on a biomedical and fragmented model of care,” the authors recommended that healthcare systems “[p]romote the concept of living well with low back pain [with] person-centred care focusing on self-management and healthy lifestyles as a means of restoring and maintaining function and optimising participation” in life activities.³

While these articles were being developed, a second group of researchers was laying out a pathway for care delivery for all spinal disorders in LMIC. This group published the Global Spine Care Initiative (GSCI) as a supplement to the *European Spine Journal* (www.globalspinecareinitiative.org/model-of-care). GSCI was a research initiative of World Spine Care (WSC), a nonprofit started in 2008 to bring sustainable, integrated, evidence-based spine care to underserved regions around the world.

Yoga is included in the GSCI framework because we’ve found it to be an effective aid for prevention and self-care. The WSC Yoga Project, launched in 2016, trains community teachers to offer yoga in the local language and cultural context. Co-created by Erin Moon, C-IAYT, E-RYT 500, and Barrie Risman, E-RYT 500, the project aims to expand its trainings and launch a research initiative to study yoga’s effect on the management and prevention of musculoskeletal pain in LMIC. For more information, visit www.worldspinecare.org, or email yoga@worldspinecare.org to get involved. **YTT**

References

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—Geoff Outerbridge, DC, MSc, clinical director of WSC