2026

BACK PAIN SYSTEMS™

A SYSTEMS-BASED APPROACH

THE BPS RESET™ FRAMEWORK FOR MOVEMENT RECOVERY AND LONG-TERM RESILIENCE

BACK PAIN SYSTEMS® APP WITH DR JO ABBOTT

Empowering people to understand, restore, and protect their movement health.

DR JO ABBOTT, PHD
CLINICAL BIOMECHANIST, ANATOMIST, NUTRITIONIST
FOUNDER – BACK PAIN SYSTEMS™

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WELCOME

MESSAGE

EXECUTIVE SUMMARY

Back pain is the leading cause of disability worldwide and places a substantial burden on individuals, healthcare systems, and employers.

Despite advances in imaging, surgical techniques, and pharmaceutical interventions, long-term recovery rates remain inconsistent and relapse rates remain high. A major limitation of current care models is the absence of structured systems that empower individuals to understand and manage their own musculoskeletal health.

Back Pain Systems™ (BPS) was developed to address this gap.

The Back Pain Systems™ App is a digital health platform designed to support individuals experiencing back pain through a structured, systems-based framework integrating movement education, behaviour change, lifestyle optimisation, and guided recovery programmes.

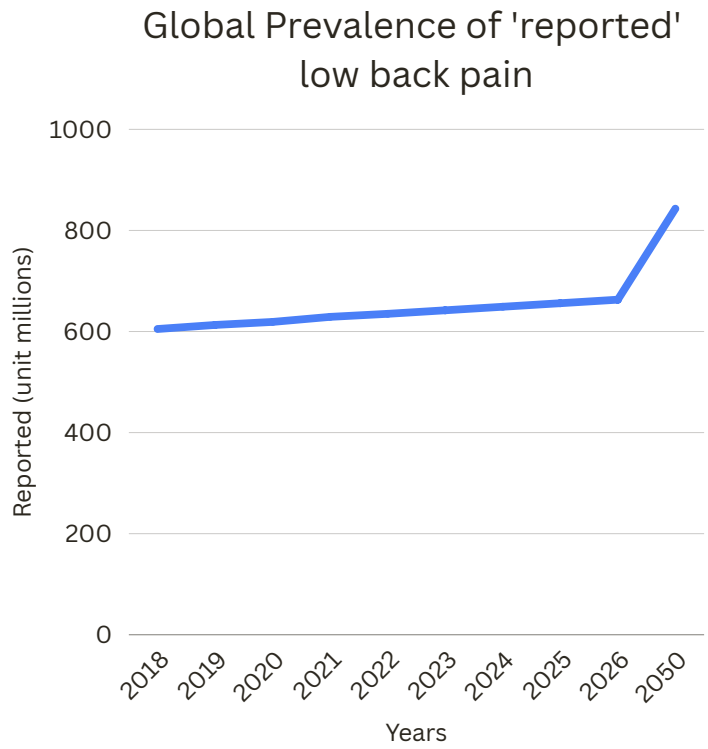

Figure 1: reported incidents of low back pain 2018-2021 (GBD 2021) & modelled projection 2022-2050 (Healthdata, Frontiers, WHO)

BY 2025

In 2020, low back pain (LBP) affected 619 million people globally and it is estimated that the number of cases will increase to 843 million cases by 2050, driven largely by population expansion and ageing (GBD 2021 Low Back Pain Collaborators. Global, regional, and national burden of low back pain, 1990-2020, its attributable risk factors, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021. Lancet Rheumatol 2023: 5: e316-29).

THE GLOBAL BACK PAIN CRISIS

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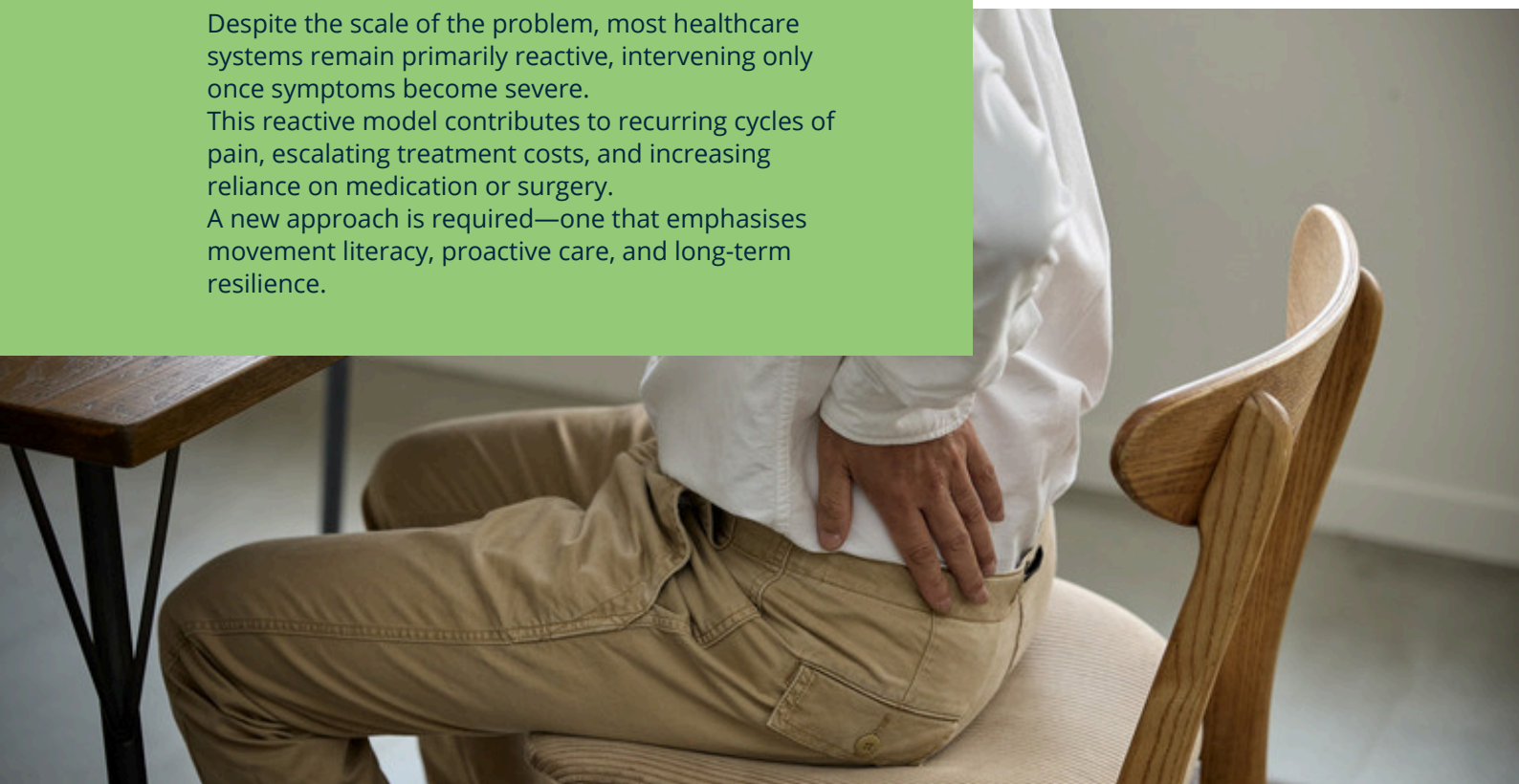
LOW BACK PAIN HAS REMAINED THE LEADING CAUSE OF DISABILITY WORLDWIDE FOR OVER THREE DECADES.

Global estimates suggest:

- More than 600 million people currently live with low back pain
- It represents the single greatest contributor to years lived with disability
- The UK economy loses billions annually through work absence and reduced productivity.

SUMMARY

Despite the scale of the problem, most healthcare systems remain primarily reactive, intervening only once symptoms become severe.
This reactive model contributes to recurring cycles of pain, escalating treatment costs, and increasing reliance on medication or surgery.
A new approach is required—one that emphasises movement literacy, proactive care, and long-term resilience.



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LIMITATIONS OF CURRENT BACK PAIN CARE

FRAGMENTED
CARE PATHWAYS

Patients often receive advice from multiple professionals without a coordinated recovery strategy.

PASSIVE TREATMENT
MODELS

Individuals may rely heavily on treatments performed by clinicians rather than learning how to manage their condition.

LIMITED MOVEMENT
EDUCATION

Many patients receive little guidance about how movement, breathing, posture, and lifestyle influence musculoskeletal health.

Notes:

Although healthcare systems offer a wide range of diagnostic tools and treatments, several structural challenges continue to limit long-term outcomes.

High relapse rates

Without behavioural change and movement retraining, recurring episodes remain common. Back Pain Systems™ was developed to address these gaps through an integrated systems framework.

FOCUS ON SYMPTOM REDUCTION RATHER THAN SYSTEM RECOVERY

Many current approaches to back pain prioritise symptom relief rather than restoring the underlying systems that support healthy movement. Short-term interventions such as medication, passive therapies, or temporary activity modification may reduce pain, but they often fail to address the biomechanical, neurological, and behavioural factors contributing to recurring episodes. As a result, individuals frequently experience repeated flare-ups because key drivers—such as altered movement patterns, reduced muscular endurance, inefficient breathing, or lifestyle stressors—remain unresolved. A systems-based approach shifts the focus from suppressing pain to rebuilding movement resilience, helping individuals regain confidence in their bodies and reducing the likelihood of future pain.

INTRODUCING THE BACK PAIN SYSTEMS™ APPROACH

Back Pain Systems™ was developed to address this gap by shifting the focus from short-term symptom management to long-term system recovery. Rather than treating back pain as an isolated event, the BPS framework recognises that pain often emerges from interactions between movement patterns, lifestyle behaviours, nervous system regulation, and physical conditioning. The Back Pain Systems™ App provides individuals with a structured pathway to understand these relationships and gradually rebuild resilience through guided movement, education, and behaviour change. At the centre of this approach lies the BPS RESET™ framework, which supports individuals in progressing from pain and uncertainty toward confidence, stability, and sustainable movement health.

THE ATHLETE PARADOX

ATHLETIC POPULATION

Elite athletes operate within systems designed to preserve and optimise movement. They receive regular biomechanical screening, strength and conditioning support, movement coaching, and injury prevention programmes throughout their careers. Small changes in movement quality are often identified early and addressed before they develop into serious injuries.

THE CONSEQUENCES OF THIS IMBALANCE ARE VISIBLE IN GLOBAL DISABILITY STATISTICS, WHERE MUSCULOSKELETAL CONDITIONS—PARTICULARLY BACK PAIN—REPRESENT ONE OF THE MOST COMMON CAUSES OF LONG-TERM FUNCTIONAL LIMITATION.

GENERAL POPULATION

In contrast, the majority of the general population receives little or no movement assessment until pain has already developed. Access to structured movement education, preventative screening, and coordinated support is rare outside elite sport. As a result, many individuals only encounter the healthcare system when symptoms have already progressed to the point of disrupting work, sleep, or daily activities.

GLOBAL IMBALANCE OF CARE

This disparity creates what can be described as the Athlete Paradox: the people whose bodies are exposed to the highest physical demands often receive the most comprehensive preventative care, while those navigating everyday physical stress without specialist support are left to manage movement challenges with far fewer resources.

BACK PAIN SYSTEMS™

Back Pain Systems™ was developed in response to this paradox. The framework aims to translate the principles of movement awareness, progressive training, and preventative care—long established within elite sport—into an accessible format that can support the wider population. Through structured education and guided progression, individuals can begin to develop the same foundational movement literacy that athletes rely on to maintain resilience.

In this way, the goal of Back Pain Systems™ is not simply to treat back pain, but to help close the gap between elite movement care and everyday movement health.

INTRODUCING

BACK PAIN SYSTEMS™

FOUNDER PERSPECTIVE

Back Pain Systems™ was developed from over two decades of clinical experience working with individuals experiencing persistent musculoskeletal pain. Throughout this work, a consistent pattern emerged: many people lacked clear explanations of their condition and practical tools to support recovery between clinical appointments. At the same time, research in biomechanics, motor learning, and pain science increasingly highlighted the importance of movement education, behavioural change, and self-efficacy in long-term recovery.

Back Pain Systems™ was created to bridge this gap —bringing structured movement education and recovery frameworks into an accessible digital platform that empowers individuals to take an active role in their musculoskeletal health.

IINTRODUCING THE BACK PAIN SYSTEMS™ ECOSYSTEM

Back Pain Systems™ is structured as an integrated ecosystem designed to address the multiple factors that influence musculoskeletal health. Rather than focusing on a single intervention, the platform brings together ten interconnected systems that support recovery, education, movement, lifestyle, and long-term resilience. Each system addresses a different aspect of the back pain experience—from managing flare-ups and restoring movement, to understanding hidden drivers of pain and building sustainable health habits. Together, these ecosystems provide individuals with a structured pathway that supports both recovery and long-term prevention.

THE BACK PAIN SYSTEMS™

ECOSYSTEM

The Back Pain Systems™ App is organised into ten interconnected ecosystems, each addressing a different component of musculoskeletal health and recovery. Together they form a comprehensive framework designed to support both recovery from pain and long-term movement resilience.

- **BPS RESET™ -** A structured recovery programme guiding individuals through back pain flare-ups and early rehabilitation using the RESET™ framework: Release, Evolve, Stabilise, Exhale, and Transition.
- **BPS Yoga -** Mobility and lengthening practices designed to restore range of motion, improve body awareness, and rebuild movement confidence.
- **BPS Move -** Focuses on restoring natural, confident movement in everyday life by helping individuals develop healthier movement habits throughout daily activities.
- **BPS Therapy** - Guidance on evidence-informed treatment options and therapeutic approaches that may support recovery when professional care is required.
- **BPS Lives** - Lifestyle guidance addressing daily behaviours such as sleep quality, stress management, work habits, and movement patterns.
- **BPS Learn** - Educational resources designed to improve movement literacy and help individuals better understand how their bodies function.
- **BPS Supps** - Supplement guidance supporting nutritional sufficiency and physiological processes that may influence recovery, energy production, and tissue health.
- **BPS Food -** Nutrition guidance designed to support tissue recovery, optimise metabolic health, and reduce potential inflammatory drivers.
- **BPS Space** - Explores how our living and working environments influence movement, providing guidance on creating spaces that support posture, recovery, and musculoskeletal wellbeing.
- **BPS Drivers** - Educational tools helping individuals explore potential underlying contributors to recurring back pain, including lifestyle habits, movement behaviours, and environmental influences.

Together, these ten ecosystems create a structured environment that helps individuals understand their bodies, recover from pain, and develop sustainable movement health.

BPS RESET™

FRAMEWORK

THE RESET™ RECOVERY PATHWAY

RESET™ represents the central programme within the Back Pain Systems™ ecosystem and provides a structured pathway for guiding individuals through recovery from back pain.

Rather than focusing on isolated exercises or short-term relief, the RESET™ framework supports a gradual progression through five stages—Release, Evolve, Stabilise, Exhale, and Transition—each designed to restore confidence in movement and rebuild functional resilience.

Through guided education, movement practice, and behavioural awareness, the pathway helps individuals move from the initial experience of pain and protective tension toward improved stability, breathing efficiency, and long-term movement health.

RELEASE

The Release phase focuses on reducing protective tension and fear associated with movement. Gentle movement and awareness exercises help calm the nervous system.

EVOLVE

During this phase individuals begin gradually reintroducing movement patterns, rebuilding confidence and expanding range of motion.

STABILISE

The Stabilise stage strengthens key muscular support systems to improve coordination and endurance.

EXHALE

Breathing plays a vital role in musculoskeletal health. The Exhale phase restores efficient breathing patterns that support movement and nervous system regulation.

TRANSITION

The final phase prepares individuals to transition into long-term resilience, equipping them with strategies to prevent future flare-ups.

BPS RESET™

FRAMEWORK

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THE FOUR PHASES OF THE RESET™ PROGRAMME

The BPS RESET™ framework is delivered through four progressive phases that support the restoration of movement capacity following back pain. Rather than focusing solely on symptom relief, the system guides individuals through a structured process that rebuilds confidence in movement and develops long-term physical resilience.

Phase 1 – REPAIR
The REPAIR phase focuses on calming flare-ups and reducing protective tension within the body. Gentle movement and awareness strategies help restore a sense of safety and reintroduce controlled movement.

Phase 2 – REBUILD
As symptoms begin to settle, the REBUILD phase introduces progressive movement patterns that improve coordination and gradually restore functional mobility.

Phase 3 – RESTORE
The RESTORE phase strengthens the body's support systems through targeted strength and endurance training, helping improve resilience to everyday physical demands.

Phase 4 – RECALIBRATE
The final phase focuses on long-term movement health by helping individuals understand the factors that influence recurring pain and develop sustainable strategies that support ongoing resilience.

Together, these phases support a transition from pain management to movement resilience.

The Back Pain Systems™ Framework integrates the RESET™ recovery pathway with ten interconnected ecosystems designed to support movement recovery and long-term resilience.

WHY DIGITAL PLATFORMS ARE THE FUTURE OF MUSCULOSKELETAL PREVENTION

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Musculoskeletal conditions, particularly back pain, represent one of the greatest global health challenges. Traditional healthcare systems are largely designed to respond once pain has already developed, relying heavily on clinical appointments and reactive treatment models. While these services remain essential, they are often limited by capacity, cost, and accessibility.

Digital health platforms offer an opportunity to complement existing care by providing structured education, guided movement programmes, and behavioural support at scale. By delivering consistent, evidence-informed resources directly to individuals, digital platforms can help bridge the gap between clinical care and everyday self-management.

The Back Pain Systems™ App was designed with this scalability in mind. By integrating movement education, recovery frameworks, lifestyle guidance, and structured progression pathways, the platform enables individuals to take a more active role in maintaining their musculoskeletal health.

Importantly, digital systems also allow preventative strategies to reach populations that may otherwise have limited access to specialist movement support. Employers, healthcare providers, and public health organisations can utilise digital platforms to support large groups simultaneously, improving accessibility while reducing the burden on clinical services.

As musculoskeletal conditions continue to rise globally, scalable prevention models will become increasingly important. Digital platforms such as Back Pain Systems™ offer a practical pathway for extending movement education and recovery support beyond the clinic and into everyday life.

THE FUTURE OF MUSCULOSKELETAL HEALTHCARE WILL DEPEND NOT ONLY ON TREATING PAIN, BUT ON EMPOWERING INDIVIDUALS WITH THE TOOLS TO PREVENT IT.

POTENTIAL IMPACT ACCROSS MULTIPLE SECTORS

Back Pain Systems™ has the potential to support individuals, healthcare systems, and organisations by improving movement literacy, strengthening self-management, and extending preventative support beyond the clinic.

INDIVIDUALS

- Improved movement confidence
- Reduced recurrence of pain episodes
- Greater understanding of musculoskeletal health

EMPLOYERS

- Reduced musculoskeletal-related absence
- Improved workforce wellbeing
- Lower healthcare and productivity costs

HEALTHCARE SYSTEMS

- Improved patient self-management
- Reduced repeat consultations
- Scalable prevention strategies

Note :

By supporting earlier intervention and long-term resilience, Back Pain Systems™ aims to reduce the growing burden of musculoskeletal conditions across society.

Back Pain Systems™ – Understanding Movement. Restoring Confidence. Building Resilience.

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CONCLUSION

Back pain represents one of the most significant health challenges of the modern era. Addressing this challenge requires more than improved treatments; it requires empowering individuals with the knowledge, tools, and confidence to take an active role in their movement health.
Back Pain Systems™ provides a structured framework designed to support this shift. By combining movement education, behavioural change, and guided recovery pathways, the system aims to help individuals move beyond pain and toward long-term resilience.

KEY PRINCIPLES OF BACK PAIN SYSTEMS™

Back Pain Systems™ is built upon guiding principles designed to support long-term musculoskeletal health and movement resilience.
Movement is a fundamental human function
Healthy movement is essential for maintaining physical capacity and independence throughout life.
Understanding the body improves recovery
Education helps individuals understand how their bodies respond to movement, load, and stress.
Recovery requires a systems approach
Effective recovery considers movement patterns, strength, lifestyle behaviours, breathing, and environmental influences.
Confidence in movement supports resilience
Gradual, guided exposure to movement helps restore confidence and functional capacity.
Prevention is as important as treatment
Long-term musculoskeletal health requires proactive strategies rather than reactive care alone.
Accessible support improves population health
Digital platforms can extend movement education and preventative strategies to wider populations.
Together, these principles underpin the Back Pain Systems™ approach to restoring movement health and reducing the burden of back pain.

ABOUT THE AUTHOR

Dr Jo Abbott, PhD, is a clinical biomechanist, anatomist, and nutritionist specialising in musculoskeletal health and movement recovery. Her work focuses on developing structured frameworks that improve movement understanding, recovery pathways, and long-term musculoskeletal resilience. She is the founder of Back Pain Systems™ and developer of the BPS RESET™ framework.

2026

THANK YOU FOR YOUR ATTENTION

BACK PAIN SYSTEMS™ – UNDERSTANDING MOVEMENT. RESTORING CONFIDENCE. BUILDING RESILIENCE.

PHONE :
+44 (0) 800 3800 603

ADDRESS :
Dorset, UK.

WEBSITE :
www.backpainsystems.com

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