

2026

BACK PAIN SYSTEMS™

A SYSTEMS-BASED APPROACH

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

DR JO ABBOTT, PHD

CLINICAL BIOMECHANIST, ANATOMIST, NUTRITIONIST

FOUNDER - BACK PAIN SYSTEMS™

Understanding Movement. Restoring Confidence. Building Resilience.

TABLE OF CONTENT

- 01** EXECUTIVE SUMMARY
- 02** THE GLOBAL BACK PAIN CRISIS
- 03** WHY CURRENT BACK PAIN SOLUTIONS FAIL
- 04** INTRODUCING BACK PAIN SYSTEMS™
- 05** THE BPS ECOSYSTEM
- 06** THE BPS RESET™ FRAMEWORK
- 07** THE SCIENCE BEHIND THE SYSTEM
- 08** THE ATHLETE PARADOX
- 09** POTENTIAL IMPACT
- 10** FUTURE VISION

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.

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).

THE GLOBAL BACK PAIN CRISIS

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.

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.

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 may reduce pain, but often fail to address biomechanical, neurological, and behavioural factors.

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.

INTRODUCING BACK PAIN SYSTEMS™

FOUNDER PERSPECTIVE

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.

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.

INTRODUCING 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.

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.

THE TEN INTERCONNECTED SYSTEMS

- **BPS RESET™** – Structured recovery programme
- **BPS Yoga** – Mobility and lengthening practices
- **BPS Move** – Natural, confident movement restoration
- **BPS Therapy** – Evidence-informed treatment guidance
- **BPS Lives** – Lifestyle guidance and behaviour change
- **BPS Learn** – Movement literacy education
- **BPS Supps** – Supplement guidance
- **BPS Food** – Nutrition for recovery
- **BPS Space** – Environmental influence on movement
- **BPS Drivers** – Understanding pain contributors

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.

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.

WHY DIGITAL PLATFORMS ARE THE **FUTURE**

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.

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.

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

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.

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.

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.

BACK PAIN SYSTEMS™ RESPONSE

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.

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.

POTENTIAL IMPACT ACROSS 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

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

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™

- 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

THANK YOU FOR YOUR ATTENTION

2026

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

PHONE: +44 (0) 800 3800 603

ADDRESS: Dorset, UK

WEBSITE: www.backpainsystems.com