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Author: Amabile Dario, Anelise Moreti Cabral, Lisandra Almeida, Manuela L Ferreira, Kathryn Refshauge, Milena Simic, Evangelos Pappas, Paulo H Ferreira

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Effectiveness of telehealth-based interventions in the management of non-specific low back pain: a systematic review with meta-analysis

Amabile Dario(MSc)[1], Anelise Moreti Cabral (Physiotherapy Student)[2], Lisandra Almeida (Physiotherapy Student)[3], Manuela L Ferreira (PhD)[4], Kathryn Refshauge (PhD)[1], Milena Simic (PhD)[1], Evangelos Pappas (PhD)[1], Paulo H Ferreira(PhD)[1]

[1]Discipline of Physiotherapy, Arthritis and Musculoskeletal Research Group, Faculty of Health Sciences, The University of Sydney, Sydney, Australia.

[2]Discipline of Physiotherapy, Center of Biological Sciences and Health, Federal University of São Carlos, São Carlos, Brazil.

[3]Discipline of Physiotherapy, Institute of Health Sciences, Federal University of Bahia, Salvador, Brazil.

[4]The George Institute for Global Health, Sydney Medical School, The University of Sydney, Sydney, Australia.

Corresponding author: Ms. Amabile Borges Dario

Tel: 61 2 93519562 Fax: 61 2 93519601

E-mail: adar3900@sydney.edu.au

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Abstract

Background: Telehealth has emerged as a potential alternative to deliver interventions for low back pain (LBP), however its effectiveness has not been investigated.

Purpose: The aim of this review was to evaluate whether interventions delivered by telehealth improve pain, disability, function, and quality of life in non-specific LBP.

Study Design: Systematic review with meta-analysis