

Global Innovation Network Program

Dear Network member,

We are excited to welcome you to the first edition of our quarterly newsletter. This newsletter is designed to keep you informed, inspired, and connected with the latest developments, projects, and collaborative opportunities within our global community.

Each quarter, we will share success stories, highlight new research, and provide valuable resources to support your efforts in making a positive impact on the lives of young people worldwide.



Together, we can drive change and work towards our goals. Thank you for being a part of this journey. We look forward to your active participation and contributions as we work together to combat spinal pain in youths.

Launch of our new webpage!

This new platform is designed to provide information about the network, its strategies and goals, funding opportunities and associated members.

We invite you to visit the new [web page](#) and explore the information available.

Your feedback and engagement are crucial as we continue to advance our mission and make a positive impact on the lives of young people.

Upcoming Network Meeting

The next network meeting will be held in Davos, Switzerland in late June 2025. The meeting will coincide with the *International Back and Neck Pain Research Forum* on June 25th - 27th.

You are all invited to a full-day meeting in Davos on the 24th of June. At this



meeting, you will receive an update on the network projects, and together we will plan the next steps. A social evening is also planned for the 27th of June, and will include a Network dinner. The week following the conference, you are invited to Odense (30th June – 4th of July) to work on the priority areas that were flagged during the meeting. Please see the email sent by Lise on the 3rd of February for more details.

Project Updates

Work on the three evidence gap maps is well underway.

The plan is to have these three projects completed in the next three months so that they may guide the network's next planning day in Davos. Team leaders will be contacting or have contacted the associated team members with instructions on what is required for the next phase of each review. If you haven't heard from your team leader yet, rest assured that they will be in contact with you very soon.

Member Updates

Lise Hestbæk

We are looking into collaborations around machine learning/explainable AI to investigate if the motion capture data (kinematics/movement patterns) we have on our preschool cohort can be used to predict a wide variety of outcomes (e.g. msk-pain, abnormal weight).



Tiê Parma Yamato

The Nepean Blue Mountains / Sydney team shares some updates and recent publications:

Upcoming Events

We have exciting presentations lined up for 2025:

- Australian Pain Society Conference (Melbourne, April 2025):
 - PhD candidate Isabelle Bogard will present the Pain Smart pilot study as a poster presentation.
 - Dr. Tiê Yamato has been invited as a keynote speaker for a plenary session on managing pain in low- and middle-income countries.
- World Physiotherapy Conference (Tokyo, May 2025):
 - Dr. Tiê Yamato will deliver an oral presentation on musculoskeletal pain in children and adolescents, sharing epidemiological data from Brazil and other poster presentations related to musculoskeletal pain in children and adolescents.
- Back and Neck International Forum (Davos, June 2025):
 - PhD candidate Isabelle Bogard will present the Pain Smart pilot study as an oral presentation.

- PhD candidate Laura Montgomery will present the causal inference analysis of the Longitudinal Study of Australian Children's data as an oral presentation.
- Dr. Tiê Yamato will present in a plenary session on musculoskeletal pain in children and adolescents, discussing epidemiological data from Brazil and also some other posters, all related to musculoskeletal pain in children and adolescents.

New Publications

1) Educator's Corner – Strategies Journal

Title: "Let's Talk About Pain: Integrating Pain Education into Health and Physical Education" ([Link](#))

This article outlines a three-lesson module designed to help students understand pain, its causes, effects, and management. The module is based on a biopsychosocial model of pain, emphasising the interaction of physical, psychological, and social factors.

Citation: Bogard I; Kamper SJ; Sortwell A; Williams CM; Konukman F; Yamato TP. Let's talk about pain: Integrating pain education into health and physical education. *Strategies*, vol. 37, 2024.

2) Health Expectations Journal

Our latest study explores adolescents' understanding, experiences, and beliefs about pain to inform the development of a school-based pain education module, incorporating consumer engagement.

Title: 'Exploring Adolescents' Understanding, Experiences and Beliefs About Pain: A Qualitative Study' ([Link](#))

Through interviews with 25 Australian adolescents (ages 11-16), our findings suggest that adolescent perspectives on pain often diverge from scientific understanding, highlighting the need for school-based pain education programs to address these misconceptions.

Citation: Bogard I, Ayre J, Smith J, Pate JW, Sortwell A, Gorringer J, Gordon G, Kamper SJ, Yamato TP. Exploring Adolescents' Understanding, Experiences and Beliefs About Pain: A Qualitative Study. *Health Expect.* 2024 Dec;27(6):e70132.

Freya Gomez Overgaard

Freya and several other Network members have recently published a paper titled:

'Development of a standardized patient-reported clinical questionnaire for children with spinal pain' ([Link](#)).

The paper outlines the development of a standardized patient-reported clinical questionnaire aimed for children and adolescents (9-15 years of age) in hospital care settings.

Citation: Overgaard, F.G., Lauridsen, H.H., Damkjær, M. et al. Development of a standardized patient-reported clinical questionnaire for children with spinal pain. *BMC Med Res Methodol* 25, 2 (2025). <https://doi.org/10.1186/s12874-024-02449-2>

Laura Montgomery

Laura and other network members have recently published two papers:

- 1) 'The clinical course of spinal pain in adolescents: a feasibility study' ([Link](#))

Citation: Montgomery, L. R., Kamper, S. J., Young, A., Beynon, A., Pohlman, K. A., Hestbæk, L., Hancock, M. J., French, S. D., Maher, C. G., & Swain, M. S. (2025). Clinical course of spinal pain in adolescents: a feasibility study in a chiropractic setting. *BMJ open*, 15(1), e088834. <https://doi.org/10.1136/bmjopen-2024-088834>

- 2) 'Does sedentary behaviour cause spinal pain in children and adolescents? A systematic review 'with meta-analysis.' ([Link](#))

Citation: Montgomery, L. R. C., Swain, M., Dario, A. B., O'Keeffe, M., Yamato, T. P., Hartvigsen, J., French, S., Williams, C., & Kamper, S. (2024). Does sedentary behaviour cause spinal pain in children and adolescents? A systematic review with meta-analysis. *British journal of sports medicine*, bjsports-2024-108648. Advance online publication. <https://doi.org/10.1136/bjsports-2024-108648>

Laura has also been accepted into the third cohort of the Chiropractic Academy of Research Leadership (CARL) program.

Nichole Phillips

Nichole has recently submitted her PhD in Chiropractic at Macquarie University titled "Bullying and pain in adolescents". The results show that pain is common in adolescent populations and bullying, depression and coexisting pain appear to be risk factors for spinal pain."

Amber Beynon

Congratulations to Amber for the birth of her new baby
'Hudson'



Next Update

Missed out on submitting something to this newsletter? Don't fret, you will receive an email to contribute to the next update in a few months.