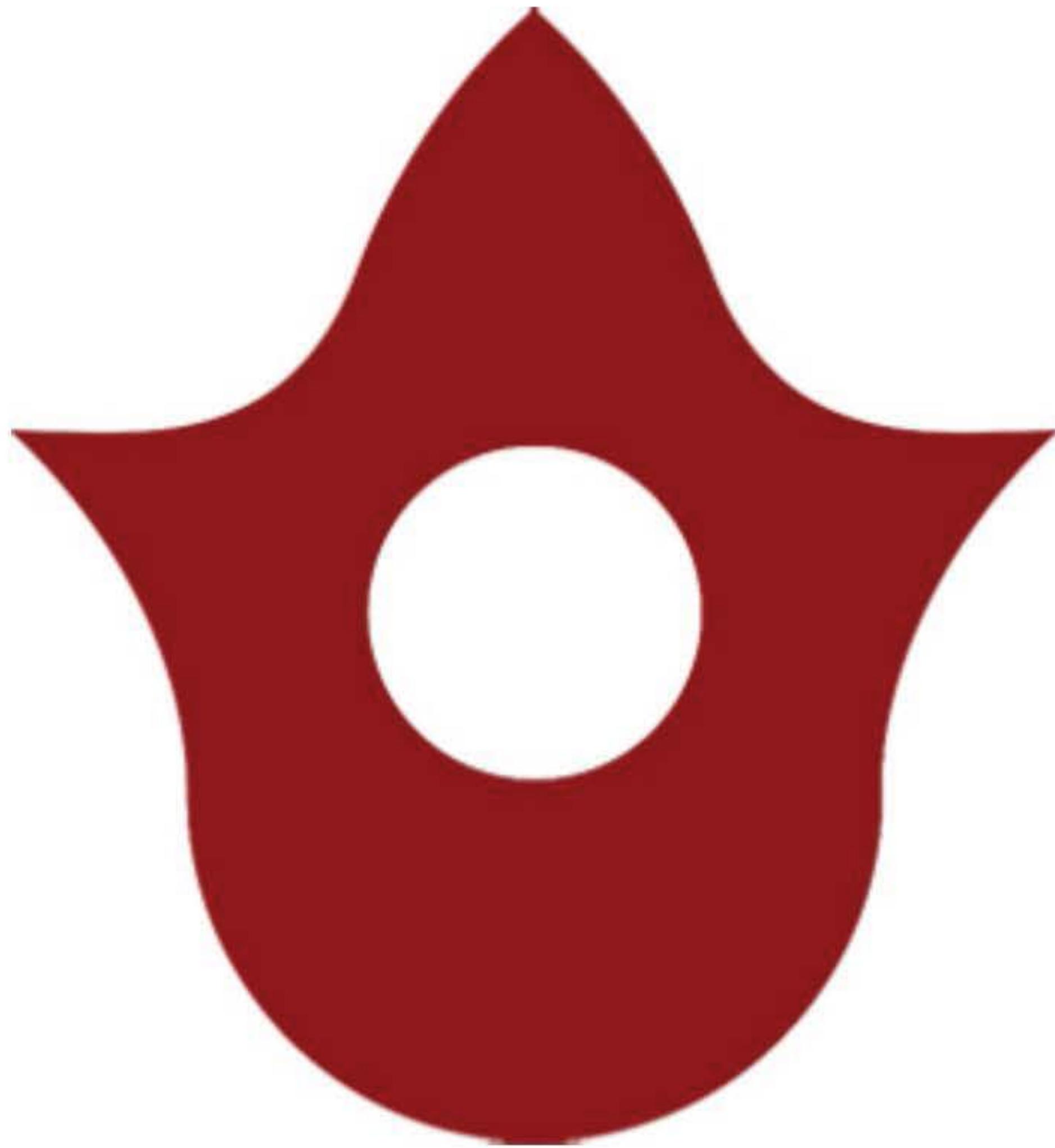


Stanford SpineKeeper



[Play video >](#)

• •

[Join Study >](#)

Stanford SpineKeeper

Click below to join our study



[Join Study >](#)

Step 1 of 12**Cancel**

Eligibility

Please verify the following:

- you are at least 18 years old
 - you reside in the US
- you can read and understand English in order to provide informed consent and follow this app's instructions

Yes, these are ALL true



No



Step 1 of 12

Cancel

Eligibility

Please verify the following:

- you DO NOT have any serious chronic medical issues that may limit your ability to participate in physical therapy and home exercise or make participation in physical therapy and home exercise medically inadvisable. This includes cancer, severe arthritis, neuropathy or other neuromuscular disease, angina, cardiovascular disease, pulmonary disease, stroke or other neurological disorder, or peripheral vascular disease
- you ARE NOT pregnant, incarcerated, or decisionally impaired

Yes, these are ALL true



No

Next

Step 1 of 12

[Cancel](#)

Great, you're eligible for
the study!

Let's continue.

[Next](#)



Cancel

Overview

This simple walkthrough will explain the research study, the impact it may have on your life and will allow you to provide your consent to participate.

[Get Started](#)

<

Cancel



Activities

This study will ask you to perform tasks and respond to surveys.

[Learn more](#)

Next

Activities

Done

The **Stanford SpineKeeper** app will ask you to perform daily activities:

1. Use your phone, or any wearable activity device you have, to collect activity data.
2. Perform the activities as indicated by the application.
3. Record your back pain symptoms and learn about how to reduce your back pain.

<

Cancel



Sensor and Health Data

This study will also gather sensor and health data from your iOS devices with your permission.

[Learn more](#)

Next

Sensor and Health Data

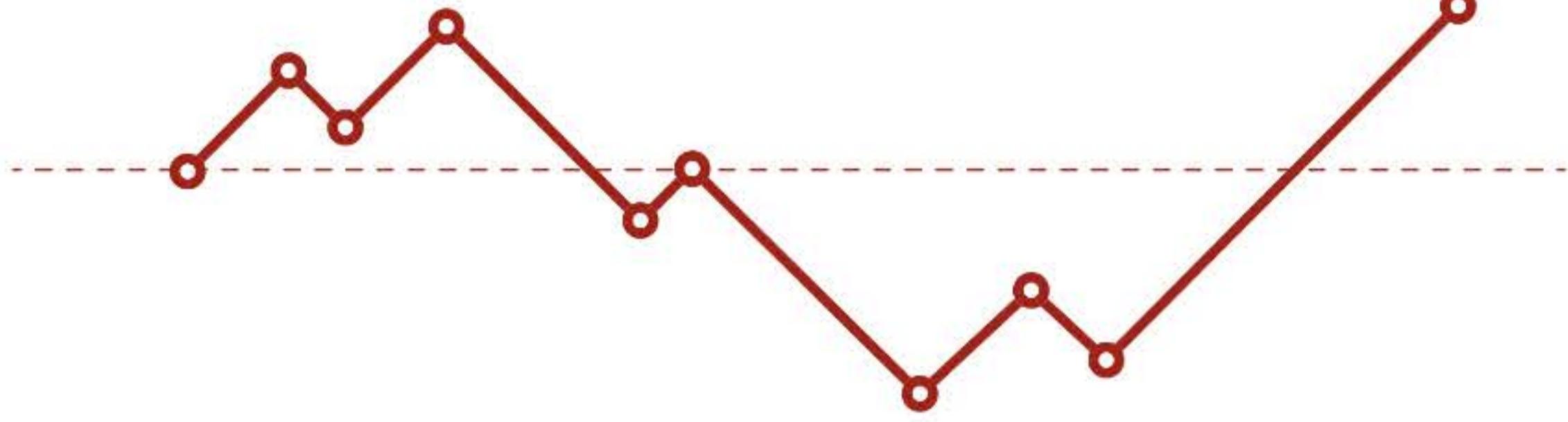
Done

There are sensors in your phone that can help assess activity, plus Apple's Health app on your phone can be linked with other devices to collect health and activity data, with your permission.

We will NOT access your personal contacts, other applications, personal photos, texts, or email messages.



Cancel



Data Gathering

Collected data may allow researchers, as well as you, to understand patterns and details about back health.

Next

<

Cancel



Protecting your Data

Your data will be encrypted and sent to a secure database, with your name replaced by a random code.

[Learn more about how your privacy and identity are protected](#)

Next

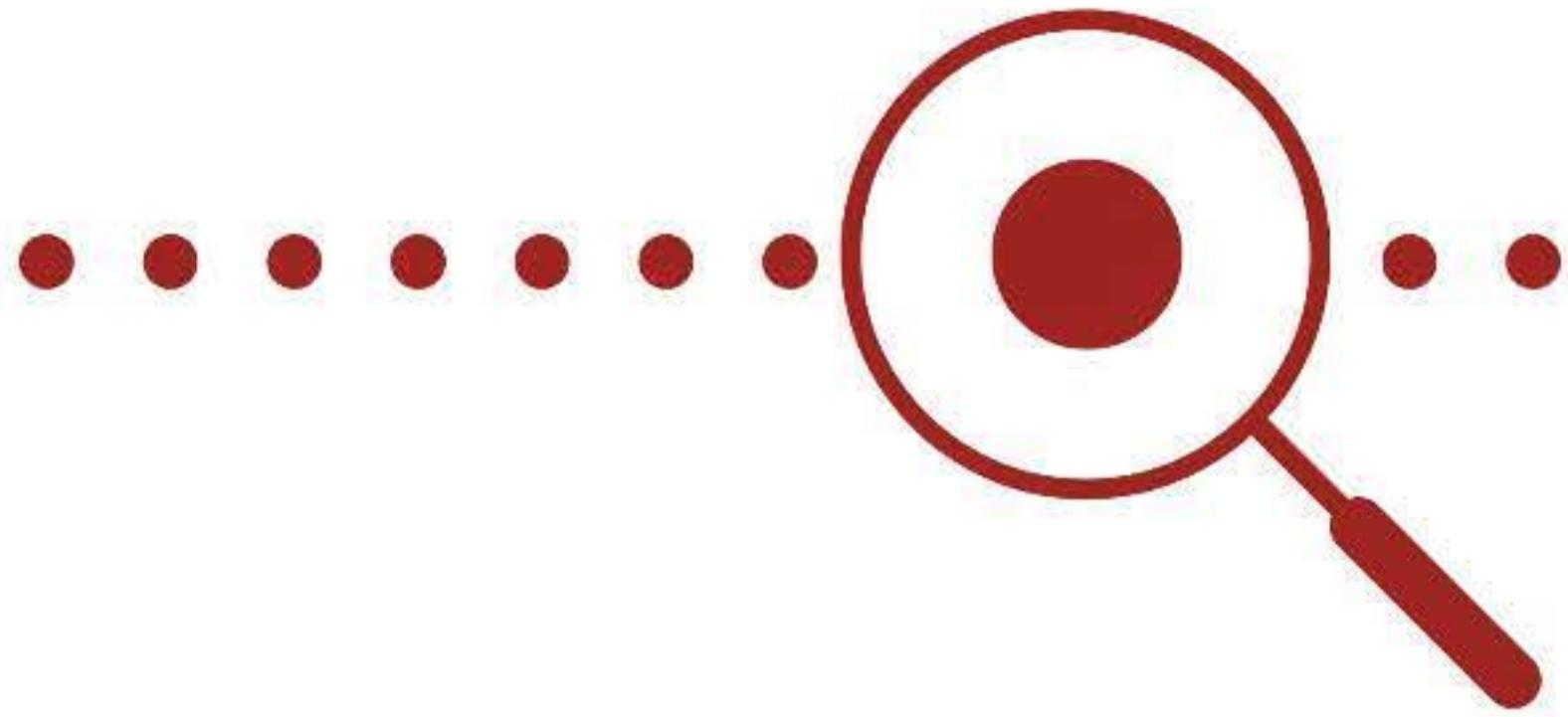
Protecting your Data

Done

We will use a random code instead of your name on all your study data. The coded study data are also encrypted and stored on a secure server to prevent improper access. Stanford has secure servers that will maintain your data, consent, and personal information.

<

Cancel



Data Use

Your coded study data will be used for research by Stanford and may be shared with other researchers approved by Stanford.

[Learn more about how data is used](#)

Next

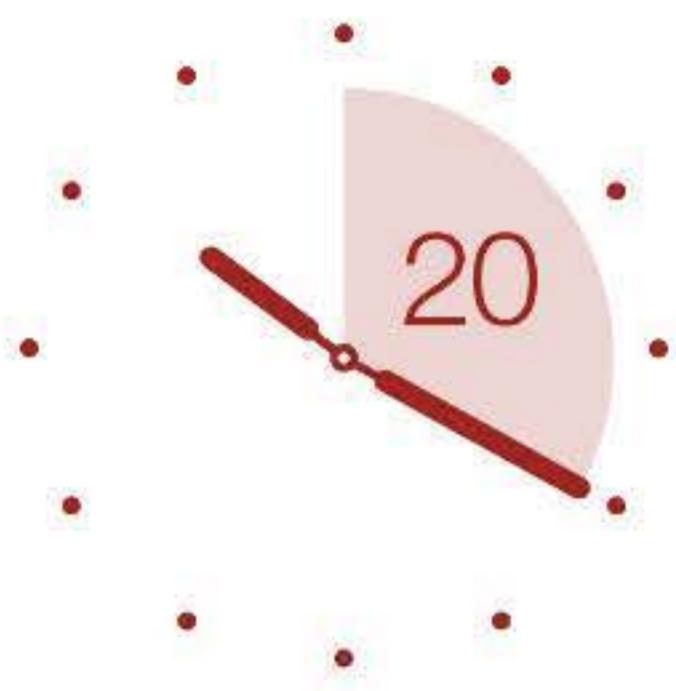
Data Use

Done

Your coded study data will be combined with data from other participants for analysis. This provides a rich database for research. Study data will never be sold to any third party.



Cancel



Your Participation

Your initial participation in this study will take 10-15 minutes per day for a week. We hope that you can contribute to the study for one week every three months.

[Learn more about the study's impact on your time](#)

Next

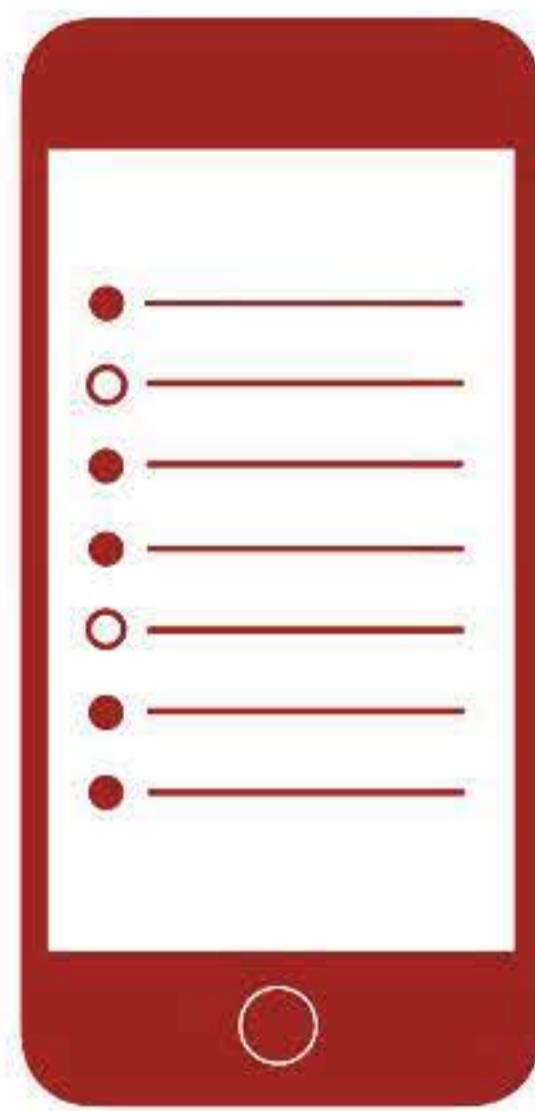
Your Participation

Done

Your initial participation in this study will last 28 days, though we are hopeful you will continue using the app to monitor your activity. We may also ask you to try methods, such as coaching through the app, to encourage you to increase activity and back pain symptoms. If you participate in this study, there may be additional costs to you. These include the personal time it will take to respond to the survey questions and perform the study tasks.



Cancel



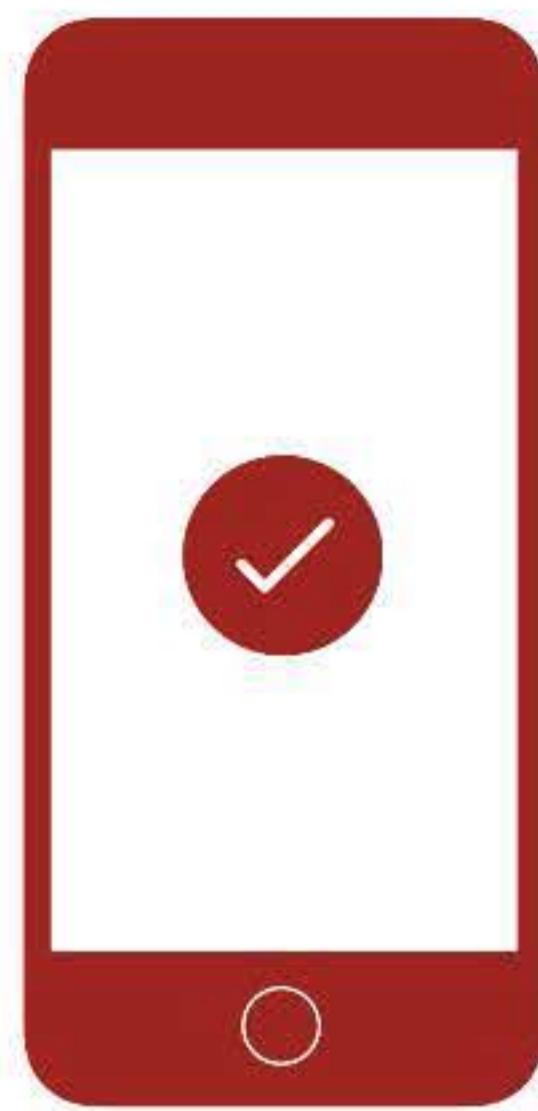
Surveys

Some of the tasks in this study will require you to answer survey questions about your health and lifestyle.

Next

<

Cancel



Study Tasks

We will ask you to complete active tasks that may require physical activity.

[Learn more about the tasks involved](#)

Next

Study Tasks

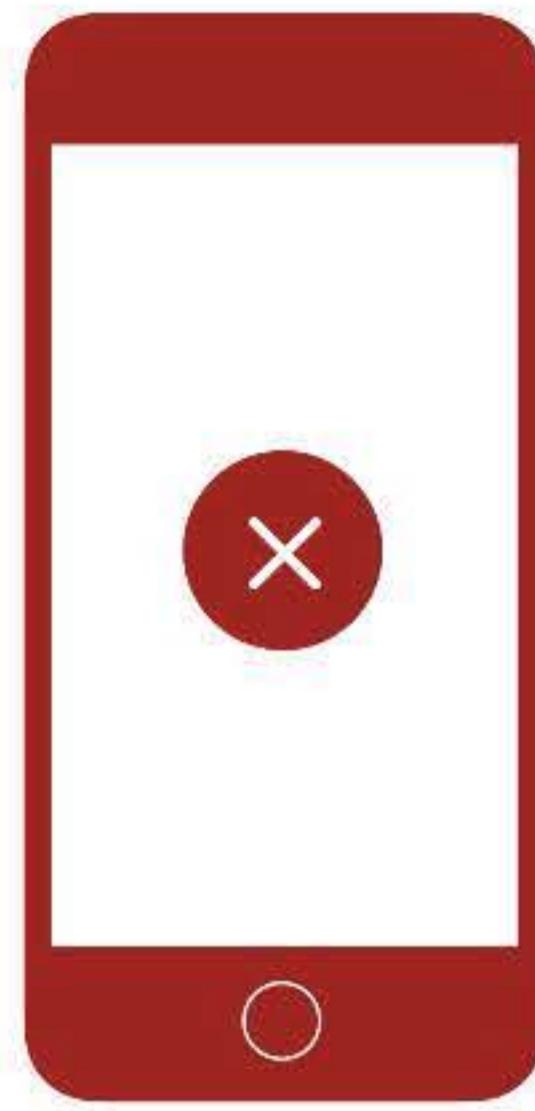
Done

At the beginning of the study, you may choose from or choose to be assigned one of two lifestyle modification tracks to help manage your back pain. The tracks include 28 days of exercises and education to help you learn how to manage your back pain. Each day, you will also be asked to answer questions or perform app based measurements of your function to help track your progress.

Some of the tracks will involve increasing physical activity and performing excercises. Please talk with your doctor before increasing physical activity or assesing fitness.

<

Cancel



Withdrawning

You may withdraw your consent and discontinue participation at any time.

[Learn more about withdrawing](#)

Next

Withdrawing

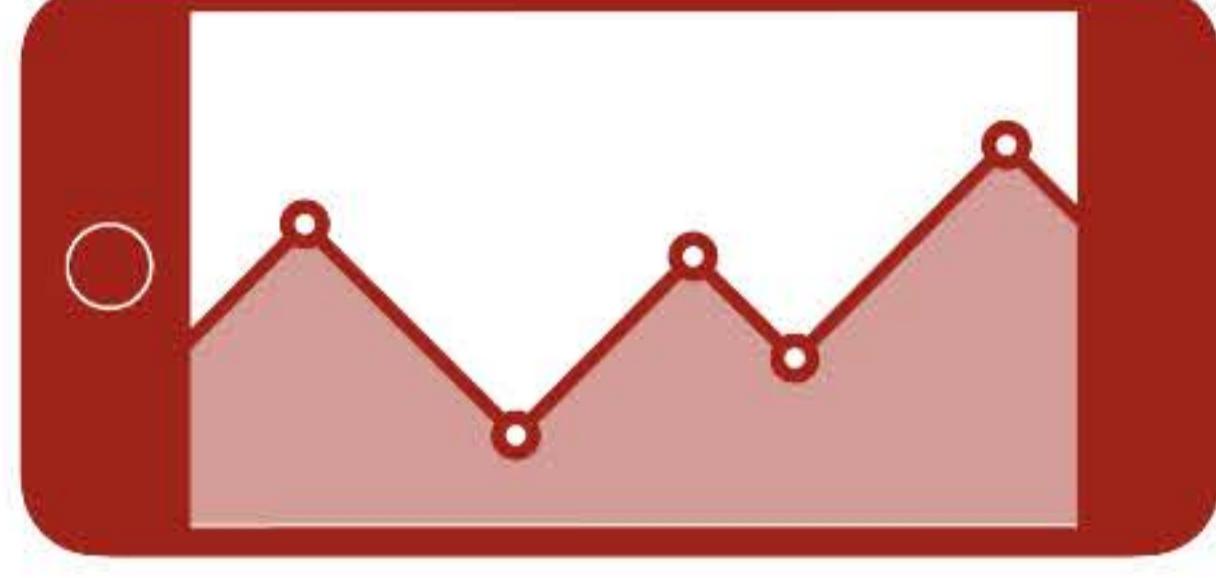
Done

We will not collect or store any new data if you choose to withdraw.

To withdraw from the study, simply select "Leave Study" on the profile tab.



Cancel



Potential Benefits

The information collected by this study may help you better understand and monitor your back health.

[Learn more](#)

[Next](#)

Potential Benefits

Done

You will get feedback on your activity, fitness, and back pain scores, plus you may be asked to try different ways to improve your activity and reduce back pain.

<

Cancel



Issues to Consider

If some questions make you uncomfortable, you can skip them.

[Next](#)

<

Cancel



Issues to Consider

Participating in this study may change how you feel. You may feel more tired, sad, energized, or happy.

[Learn more](#)

Next

Issues to Consider

Done

The **Stanford SpineKeeper** app will provide data about your activity, fitness, and back pain. These results could certainly generate a wide range of emotions.



Cancel



Issues to Consider

We will make every effort to protect your information, but total anonymity cannot be guaranteed. Regardless of where you are physically located when you use the app, your data will be sent to the United States and potentially other countries where laws may not protect your privacy to the same extent as in the country from which you sent the data.

[Learn more](#)

[Next](#)

Issues to Consider

Done

We view your privacy very seriously. Thus, we are requesting the least amount of personal data possible. Also, we are using strict security protocols to protect your data. Importantly, your name will be replaced with a random code before the data goes to the large computer for storage and later analysis. We cannot completely guarantee that someone cannot gain access to your private data, but importantly the main data storage is secure, encrypted, and does not contain your name.

The app is currently intended for use in only the United States. If you travel outside of the country during the study, then you should not use the app during such travels.

As described elsewhere in the informed consent form, during the study, data pertaining to your participation in the study will be generated and recorded, including data about your health. We refer to such data as "Your Study Data." Your Study Data may be processed or used for the following purposes, which we refer to, collectively, as "Data Processing":

- to carry out the study;
- to confirm the accuracy of the study;
- to monitor that the study complies with applicable laws as well as best practices developed by the research

Issues to Consider

Done

- to carry out the study;
- to confirm the accuracy of the study;
- to monitor that the study complies with applicable laws as well as best practices developed by the research community;
- to comply with legal and regulatory requirements, including requirements that data from this study, without information that could directly identify you, be made available to other researchers not affiliated with the study sponsor or with the study team.

It is possible, for example, that as part of efforts to make research data more widely available to researchers, regulatory authorities in some countries may require that Your Study Data, without information that could directly identify you, be made publicly available on the internet or in other ways. The following entities and organizations may engage in Data Processing that uses Your Study Data:

- the study team, including other people who, and organizations that, assist the study team;
- the ethics committee or institutional review board that approved this study;
- domestic and foreign regulatory agencies and government officials who have a duty to monitor or oversee studies like this one

Issues to Consider

Done

available to researchers, regulatory authorities in some countries may require that Your Study Data, without information that could directly identify you, be made publicly available on the internet or in other ways. The following entities and organizations may engage in Data Processing that uses Your Study Data:

- the study team, including other people who, and organizations that, assist the study team;
- the ethics committee or institutional review board that approved this study;
- domestic and foreign regulatory agencies and government officials who have a duty to monitor or oversee studies like this one.

Some of the entities listed above that receive Your Study Data for Data Processing are located in the United States and potentially in other countries where, the laws do not protect your privacy to the same extent as the laws in your country of residence. In such cases, Data Processing that involves Your Study Data may be subject to the less restrictive data protection laws of these foreign countries rather than the laws of your own country. However, all reasonable steps will be taken to protect your privacy.



Cancel

Review

Review the form below, and tap Agree if you're ready to continue.

PURPOSE OF RESEARCH: You are invited to participate in a research study on the use of a mobile application-based lifestyle modification intervention targeted at patients with chronic low back pain. We hope to learn whether such an app can improve quality of life and symptoms. You were selected as a possible participant in this study because you reported that you have had low back pain for 6 months.

Mobile phones and wearable devices can now measure physical activity and fitness, offering improved methods to research the impact of activity and fitness. The goal of this study is to use the quantitative capabilities and wide availability of mobile devices to enhance our knowledge of the relationships among activity, quality of life, and back pain.

We anticipate enrolling 100 patients at sites

Disagree

Agree

<

Cancel

We anticipate enrolling 100 patients at sites of their choosing through the iOS mobile application.

VOLUNTARY PARTICIPATION: Your participation in this study is entirely voluntary. Your decision not to participate will not have any negative effect on you or your medical care. You can decide to participate now, but withdraw your consent later and stop being in the study without any loss of benefits or medical care to which you are entitled. If you decide to withdraw your consent to participate in this study, you may discontinue use of the app at any time (delete the app).

DURATION OF STUDY INVOLVEMENT: Your initial participation in this study will last 28 days, though we are hopeful you will continue using the app to monitor your activity.

PROCEDURES: You will be asked to

Disagree Agree

<

Cancel

PROCEDURES: You will be asked to download the Stanford SpineKeeper app on your smartphone and go through screens that will determine eligibility, describe the study to you, and ask you to provide informed consent. If you provide consent, a copy of this consent form will be emailed to you. You will then be asked to allow the Stanford SpineKeeper app to collect health and activity data from your phone, followed by questions about your physical activity and any history or symptoms of back pain and risk factors. You should check with your doctor before enrolling in the study to make sure you are ok to participate.

At the beginning of the study, you may choose among or choose to be assigned to 2 tracks for management of your low back pain. The tracks include one focused on relaxation and symptom management, and another track on increasing activity. The tracks include 28 days of exercises and education to help you learn how to manage your back pain. Each day, you will also be asked to answer questions or perform app based measurements of your function to help track your progress.

Disagree

Agree

<

Cancel

tracks include 28 days of exercises and education to help you learn how to manage your back pain. Each day, you will also be asked to answer questions or perform app based measurements of your function to help track your progress.

The Stanford SpineKeeper app will also provide educational links to learn more about any of your data. The Stanford SpineKeeper app will continue to collect activity data and you can continue to use the app to view your data. If you first agree to participate and then you change your mind, you are free to withdraw your consent and discontinue your participation at any time. Your decision will not affect your ability to receive medical care for your disease and you will not lose any benefits to which you would otherwise be entitled. If you decide to withdraw your consent to participate in this study, you may discontinue use of the app at any time. If you withdraw from the study, or the use of the app is stopped for any reason, there will be no side-effects.

A description of this clinical trial will be

Disagree

Agree

<

Cancel

A description of this clinical trial will be available on <http://www.ClinicalTrials.gov>, as required by U.S. Law. This website will not include information that can identify you. At most, the website will include a summary of the results. You can search this website at any time.

PARTICIPANT RESPONSIBILITIES: As a participant, your responsibilities include:

- Follow the instructions on the mobile app.
- Tell the Protocol Director or research staff if you believe you might be pregnant.
- Ask questions as you think of them.
- Tell the Protocol Director or research staff if you change your mind about staying in the study.

WITHDRAWAL FROM STUDY: If you first agree to participate and then you change your mind, you are free to withdraw your consent and discontinue your participation at any time. Your decision will not affect your

Disagree

Agree

<

Cancel

WITHDRAWAL FROM STUDY: If you first agree to participate and then you change your mind, you are free to withdraw your consent and discontinue your participation at any time. Your decision will not affect your ability to receive medical care for your disease and you will not lose any benefits to which you would otherwise be entitled. If you decide to withdraw your consent to participate in this study, you may discontinue use of the app at any time. If you withdraw from the study, or the use of the app is stopped for any reason, there will be no side-effects.

The Protocol Director may also withdraw you from the study, without your consent for one or more of the following reasons:

- Failure to follow the instructions of the Protocol Director or study staff.
- The Protocol Director decides that continuing your participation could be harmful to you.
- Pregnancy
- The study is cancelled.

Disagree

Agree



Cancel

- The Protocol Director decides that continuing your participation could be harmful to you.
- Pregnancy
- The study is cancelled.
- Other administrative reasons.
- Unanticipated circumstances

We will NOT access your personal contacts, other applications, personal photos, texts, or email messages. At times during the study, the app may provide additional methods to encourage you to increase your activity level, or the ability to share your data with family or friends (with your permission). You may also be re-contacted in the future about additional research opportunities, including adding other health data to your Stanford SpineKeeper app data.

POSSIBLE RISKS, DISCOMFORTS, AND INCONVENIENCES: There are risks, discomforts, and inconveniences associated with any research study. You should talk with the Protocol Director if you have any questions.

Disagree Agree



Cancel

POSSIBLE RISKS, DISCOMFORTS, AND INCONVENIENCES: There are risks, discomforts, and inconveniences associated with any research study. You should talk with the Protocol Director if you have any questions.

The study involves tracks which include one focused on relaxation and symptom management, and another track on increasing activity. The tracks include 28 days of exercises and education to help you learn how to manage your back pain.

There are potential risks associated with exercises including chest pain, palpitations, shortness of breath as well as more serious potential risks such has heart attack. There is also the possibility of other risk that are not anticipated. Back pain may get worse with increasing activity.

To prevent improper access, we will use a random code instead of your name for the main study data and this coded study data will be encrypted and stored on a secure server Stanford Medicine server. While your coded data in this database will not contain

Disagree

Agree

<

Cancel

server Stanford Medicine server. While your coded data in this database will not contain information that is traditionally used to identify you, people may develop ways in the future that could allow someone to link your health information in this database back to you. For example, someone could compare information in this database with information from you in another database and be able to identify you. It also is possible that there could be violations to the security of the computer systems used to store the codes linking your health information to you. However, your privacy is very important to us and the study will make every effort to protect your privacy and the privacy of your data, but that cannot be completely guaranteed. Your coded data (without your name) will be combined with data from other participants for analysis by Stanford researchers. Identifiers might be removed from identifiable private information and, after such removal, the information could be used for future research studies or distributed to another investigator for future research studies without additional informed consent from you.

Disagree

Agree

<

Cancel

The Stanford SpineKeeper app is currently intended only for use in the United States. If you travel outside of these countries during the study, then you should not use the app during such travels.

As described elsewhere in this informed consent form, during the study, data pertaining to your participation in the study will be generated and recorded, including data about your health. We refer to such data as "Your Study Data." Your Study Data may be processed or used for the following purposes, which we refer to, collectively, as "Data Processing":

- to carry out the study;
- to confirm the accuracy of the study;
- to monitor that the study complies with applicable laws as well as best practices developed by the research community

The following entities and organizations may engage in Data Processing that uses Your Study Data:

- the study team, including other people who, and organizations that, assist the study team.

Disagree

Agree



Cancel

who, and organizations that, assist the study team;

- the ethics committee or institutional review board that approved this study;
- domestic regulatory agencies and government officials who have a duty to monitor or oversee studies like this one.

POTENTIAL BENEFITS: You may or may not receive benefits from participation in this study. Benefits that may reasonably be expected to result from this study are that you will be given the opportunity to use a mobile health application and learn more about your activity, fitness, and back pain symptoms. Additionally, you may achieve improved flexibility, strength, mindfulness, understanding of back pain, improved symptoms of back pain, improved physical activity and physical function.

WE CANNOT AND DO NOT GUARANTEE OR PROMISE THAT YOU WILL RECEIVE ANY BENEFITS FROM THIS STUDY.

Disagree

Agree

<

Cancel

WE CANNOT AND DO NOT GUARANTEE OR PROMISE THAT YOU WILL RECEIVE ANY BENEFITS FROM THIS STUDY.

ALTERNATIVES: The alternative is to not participate. If you decide not to participate in this research study, the decision will not affect your medical care.

PARTICIPANT'S RIGHTS: You should not feel obligated to agree to participate. Your questions should be answered clearly and to your satisfaction.

If you decide not to participate, tell the Protocol Director. You will be told of any important new information that is learned during the course of this research study, which might affect your condition or your willingness to continue participation in this study

CONFIDENTIALITY: The results of this

Disagree

Agree



Cancel

CONFIDENTIALITY: The results of this research study may be presented at scientific or medical meetings or published in scientific journals. Your identity and/or your personal health information will not be disclosed except as authorized by you or as required by law. However, there is always some risk that even de-identified information might be re-identified.

Patient information may be provided to Federal and other regulatory agencies as required. The Food and Drug Administration (FDA), for example, may inspect research records and learn your identity if this study falls within its jurisdiction.

The results will be provided to the sponsor, the Food and Drug Administration and other federal and regulatory agencies as required.

Authorization to Use Your Health Information for Research Purposes

Disagree

Agree



Cancel

Authorization to Use Your Health Information for Research Purposes

Because information about you and your health is personal and private, it generally cannot be used in this research study without your authorization. If you agree to this form, it will provide that authorization. The form is intended to inform you about how your health information will be used or disclosed in the study. Your information will only be used in accordance with this authorization form and the informed consent form and as required or allowed by law.

What is the purpose of this research study and how will my health information be utilized in the study?

The purpose of this study is to use the quantitative capabilities and wide availability of mobile devices to enhance our knowledge of the relationships among activity, quality of life, and back pain. To prevent improper access, we will use a random code instead of your name for the main study data and this

Disagree

Agree



Cancel

What is the purpose of this research study and how will my health information be utilized in the study?

The purpose of this study is to use the quantitative capabilities and wide availability of mobile devices to enhance our knowledge of the relationships among activity, quality of life, and back pain. To prevent improper access, we will use a random code instead of your name for the main study data and this coded study data will be encrypted and stored on a secure server Stanford Medicine server. Your coded data (without your name) will be combined with data from other participants for analysis by Stanford researchers. The results of this study maybe published or presented at a scientific meeting but would not include your protected health information.

Do I have to agree to this authorization form?

You do not have to agree to this authorization form. But if you do not, you will not be able to participate in this research

Disagree

Agree



Cancel

Do I have to agree to this authorization form?

You do not have to agree to this authorization form. But if you do not, you will not be able to participate in this research study. Agreeing to the form is not a condition for receiving any medical care outside the study.

If I agree, can I revoke it or withdraw from the research later?

If you decide to participate, you are free to withdraw your authorization regarding the use and disclosure of your health information (and to discontinue any other participation in the study) at any time. After any revocation, your health information will no longer be used or disclosed in the study, except to the extent that the law allows us to continue using your information (e.g., necessary to maintain integrity of research). If you wish to revoke your authorization for the research use or disclosure of your health information in this study, you must contact: Dr. Matthew Smuck, Department of Orthopaedic Surgery, 450 Broadway Street, Pavilion C, 4th Floor.

Disagree

Agree

<

Cancel

in this study, you must contact: Dr. Matthew Smuck, Department of Orthopaedic Surgery, 450 Broadway Street, Pavillion C, 4th Floor, MC 6342, Redwood City, California 94063 at [650-721-7600](tel:650-721-7600).

What Personal Information will be used or disclosed?

Your health information related to this study, may be used or disclosed in connection with this research study, including, but not limited to, your: Daily pain score, weight, self-reported utilization of treatments for back pain (acupuncture, chiropractic, ice/heat, massage, transcutaneous electrical nerve stimulation), mattress use, voice recording, back range of motion, utilization of app, and HealthKit data (BMI, body fat, height, body mass, step count, distance walking, distance running, distance cycling, basal energy burned, active energy burned, flights climbed, exercise time, heart rate, sleep analysis, stand hours, mindfulness, biological sex, date of birth).

Who may use or disclose the Information?

Disagree

Agree



Cancel

Who may use or disclose the Information?

The following parties are authorized to use and/or disclose your health information in connection with this research study:

- The study team, including other people who, and organizations that, assist the study team;
- The Stanford University Administrative Panel on Human Subjects in Medical Research and any other unit of Stanford University as necessary

Who may receive or use the Information?

The parties listed in the preceding paragraph may disclose your health information to the following persons and organizations for their use in connection with this research study:

- The Office for Human Research Protections in the U.S. Department of Health and Human Services
- Food and Drug Administration (FDA)
- domestic and foreign regulators

Disagree

Agree

<

Cancel

- Food and Drug Administration (FDA)
- domestic and foreign regulatory agencies and government officials who have a duty to monitor or oversee studies like this one.

Your information may be re-disclosed by the recipients described above, if they are not required by law to protect the privacy of the information.

When will my authorization expire?

Your authorization for the use and/or disclosure of your health information will end on June 1, 2067 or when the research project ends, whichever is earlier.

FINANCIAL CONSIDERATIONS:

Payment: You will not receive any payment for your participation

Disagree

Agree

<

Cancel

FINANCIAL CONSIDERATIONS:

Payment: You will not receive any payment for your participation

There is no cost for the Stanford SpineKeeper app. Your initial participation in this study will last 28 days, though we are hopeful you will continue using the app to monitor your activity. We may also ask you to try methods, such as coaching through the app, to encourage you to increase activity and back pain symptoms. If you participate in this study, there may be additional costs to you. These include the personal time it will take to respond to the survey questions and perform the study tasks. The Stanford SpineKeeper app and participation in this study are not a substitute for health care or health insurance. The data collected by the Stanford SpineKeeper app will not be reviewed by a physician for medical evaluation. Consult a physician for any medical questions. You and/or your health insurance must pay for any services, supplies, procedures, and care that you

Disagree

Agree

<

Cancel

supplies, procedures, and care that you require during this study for routine medical care.

COMPENSATION FOR RESEARCH-RELATED INJURY: All forms of medical diagnosis and treatment – whether routine or experimental – involve some risk of injury. In spite of all precautions, you might develop medical complications from participating in this study. If such complications arise, the Protocol Director and the research study staff will assist you in obtaining appropriate medical treatment. In the event that you have an injury or illness that is directly caused by your participation in this study, reimbursement for all related costs of care first will be sought from your insurer, managed care plan, or other benefits program. You will be responsible for any associated co-payments or deductibles as required by your insurance.

If costs of care related to such an injury are not covered by your insurer, managed care plan or other benefits program, you may be responsible for the costs. If you are responsible,

Disagree

Agree

<

Cancel

If costs of care related to such an injury are not covered by your insurer, managed care plan or other benefits program, you may be responsible for these costs. If you are unable to pay for such costs, the Protocol Director will assist you in applying for supplemental benefits and explain how to apply for patient financial assistance from the hospital.

You do not waive any liability rights for personal injury by signing this form.

CONTACT INFORMATION: Questions, Concerns, or Complaints: If you have any questions, concerns or complaints about this research study, its procedures, risks and benefits, or alternative courses of treatment, you should ask the Protocol Director, Dr. Matthew Smuck. You may contact him now or later at [650-721-7600](tel:650-721-7600).

Injury Notification: If you feel you have been hurt by being a part of this study, please

Disagree

Agree

<

Cancel

Injury Notification: If you feel you have been hurt by being a part of this study, please contact the Protocol Director, Dr. Matthew Smuck at [650-721-7600](#).

Independent Contact: If you are not satisfied with how this study is being conducted, or if you have any concerns, complaints, or general questions about the research or your rights as a participant, please contact the Stanford Institutional Review Board (IRB) to speak to someone independent of the research team at [\(650\)-723-5244](#) or toll free at [1-866-680-2906](#). You can also write to the Stanford IRB, Stanford University, 3000 El Camino Real, Five Palo Alto Square, 4th Floor, Palo Alto, CA 94306.

EXPERIMENTAL SUBJECT'S BILL OF RIGHTS: As a research participant you have the following rights. These rights include but are not limited to the participant's right to:

- be informed of the nature and purpose of the experiment;
- be given an explanation of the

Disagree

Agree



Cancel

EXPERIMENTAL SUBJECT'S BILL OF

RIGHTS: As a research participant you have the following rights. These rights include but are not limited to the participant's right to:

- be informed of the nature and purpose of the experiment;
- be given an explanation of the procedures to be followed in the medical experiment, and any drug or device to be utilized;
- be given a description of any attendant discomforts and risks reasonably to be expected;
- be given an explanation of any benefits to the subject reasonably to be expected, if applicable;
- be given a disclosure of any appropriate alternatives, drugs or devices that might be advantageous to the subject, their relative risks and benefits;
- be informed of the avenues of medical treatment, if any available to the subject after the experiment if complications should arise;
- be given an opportunity to ask questions concerning the experiment or the procedures involved;
- be instructed that consent to participate in the medical experiment

Disagree

Agree

<

Cancel

expected, if applicable;

- be given a disclosure of any appropriate alternatives, drugs or devices that might be advantageous to the subject, their relative risks and benefits;
- be informed of the avenues of medical treatment, if any available to the subject after the experiment if complications should arise;
- be given an opportunity to ask questions concerning the experiment or the procedures involved;
- be instructed that consent to participate in the medical experiment may be withdrawn at any time and the subject may discontinue participation without prejudice;
- be given a copy of the signed and dated consent form; and
- be given the opportunity to decide to consent or not to consent to a medical experiment without the intervention of any element of force, fraud, deceit, duress, coercion or undue influence on the subject's decision.

Signed your name means you agree to be in this study and that you were given a copy of

Disagree

Agree



Cancel

alternatives, drugs or devices that might be advantageous to the subject, their relative risks and benefits;

- be informed of the avenues of medical treatment, if any available to the subject after the experiment if complications should arise;
- be given an opportunity to ask questions concerning the experiment or the procedures involved;
- be instructed that consent to participate in the medical experiment may be withdrawn at any time and the subject may discontinue participation without prejudice;
- be given a copy of the signed and dated consent form; and
- be given the opportunity to decide to consent or not to consent to a medical experiment without the intervention of any element of force, fraud, deceit, duress, coercion or undue influence on the subject's decision.

Signing your name means you agree to be in this study and that you were given a copy of this consent form.

Disagree

Agree



Cancel

alternatives, drugs or devices that might be advantageous to the subject, their relative risks and benefits;

- be informed of the avenues of medical treatment, if any available to the subject after the experiment if complications should arise;
- be given an opportunity to ask questions concerning the experiment or the procedures involved;
- be instructed that consent to

Review

Consent to join the Stanford
SpineKeeper Study.

Cancel

Agree

- be given the opportunity to decide to consent or not to consent to a medical experiment without the intervention of any element of force, fraud, deceit, duress, coercion or undue influence on the subject's decision.

Signing your name means you agree to be in this study and that you were given a copy of this consent form.

Disagree

Agree



Cancel

Consent

Review the consent form.

First Name A

Last Name S



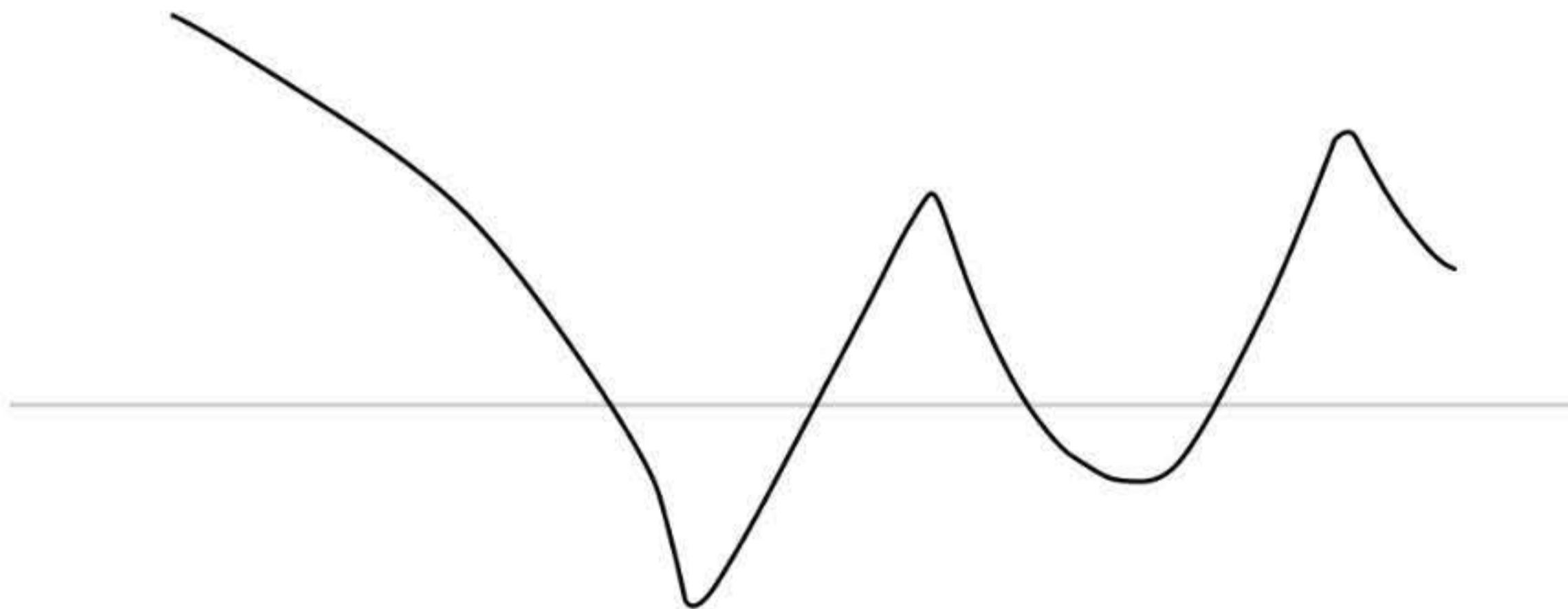
Next

<

Cancel

Signature

Please sign using your finger on the line below.



Clear

Next

<

Step 4 of 12

Cancel

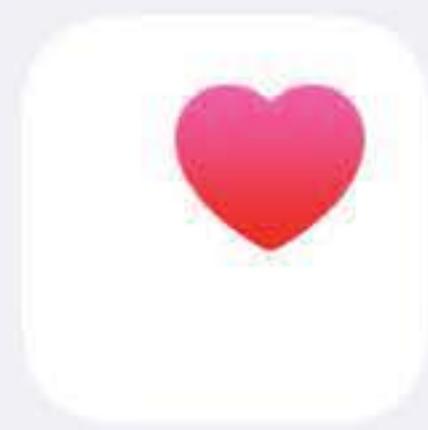
Health Data

On the next screen, you will be prompted to grant access to read and write some of your general and health information, such as height, weight, and steps taken so you don't have to enter it again.

[Next](#)

[Don't Allow](#)

Health Access

[Allow](#)

Health

"SpineKeeper" would like to access and update your Health data in the categories below.

[Turn All Categories On](#)

Allow or disallow "SpineKeeper" to access all health data types listed here.

ALLOW "SPINEKEEPER" TO WRITE DATA:



Weight



Workouts



App Explanation:

Use healthkit

ALLOW "SPINEKEEPER" TO READ DATA:



Date of Birth



Height



Weight



App Explanation:

HealthKit

[Don't Allow](#)

Health Access

[Allow](#)

Health

"SpineKeeper" would like to access and update your Health data in the categories below.

[Turn All Categories On](#)

Allow or disallow "SpineKeeper" to access all health data types listed here.

ALLOW "SPINEKEEPER" TO WRITE DATA:



Weight



Workouts



App Explanation:

Use healthkit

ALLOW "SPINEKEEPER" TO READ DATA:



Date of Birth



Height



Weight



App Explanation:

HealthKit

<

Step 5 of 12

Cancel

Account Registration

Please make an account to be part of our study.

Email amans@stanford.edu

ADDITIONAL INFORMATION

Gender Male

Date of Birth 4/30/1998

Next

<

Cancel



Enter passcode

Now you will create a passcode to identify yourself to the app and protect access to information you've entered.



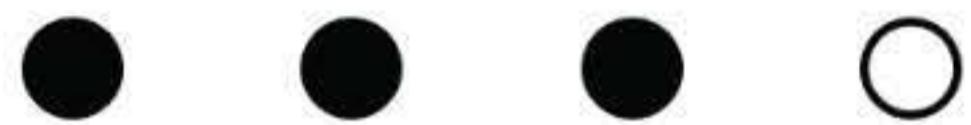
<

Cancel



Confirm passcode

Now you will create a passcode to identify yourself to the app and protect access to information you've entered.



<

Step 8 of 12**Next**

Welcome aboard!

Thank you for joining the Stanford
SpineKeeper Study.



<

Step 9 of 12

Cancel

The Keele Start Back Screening Tool

Please answer these 9 questions to the best of your ability. It's okay to skip a question if you don't know the answer. Thinking about the last 2 weeks mark your response to the following questions:

[Next](#)

<

Step 9 of 12

Cancel

My back pain has spread down my leg(s) at some time in the last 2 weeks?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

I have had pain in the shoulder
or neck at some time in the last
2 weeks?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

I have only walked short distances because of my back pain?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

In the last 2 weeks, I have dressed more slowly than usual because of back pain?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

It's not really safe for a person with a condition like mine to be physically active?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

Worrying thoughts have been going through my mind a lot of the time?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

I feel that my back pain is terrible and it's never going to get any better?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

In general I have not enjoyed all the things I used to enjoy?

Yes

No

Next

Skip this question

<

Step 9 of 12

Cancel

Overall, how bothersome has your back pain been in the last 2 weeks?

Not at all

Slightly

Moderately

Very Much

Extremely

Next

Skip this question



Step 10 of 12

Cancel

Input your weight

130 lb

131 lb

132 lb

133 lb

134 lb

135 lb

136 lb

[Next](#)[Skip this question](#)

<

Step 10 of 12

Cancel

Input your height

2 ft

3 ft

4 ft

5 ft

6 ft

7 ft

8 ft

8 in

9 in

10 in

11 in

[Next](#)[Skip this question](#)

<

Step 11 of 12

Cancel

Oswestry Disability Index

Could you please complete this questionnaire. It is designed to give us information as to how your back (or leg) trouble has affected your ability to manage in everyday life.

[Next](#)

<

Step 11 of 12

Cancel

Pain intensity

I have no pain at the moment.

The pain is very mild at the moment.

The pain is moderate at the moment.

The pain is fairly severe at the moment.

The pain is very severe at the moment.

The pain is the worst imaginable at the moment.

Next

Skip this question

<

Step 11 of 12

Cancel

Personal care (washing, dressing, etc.)

I can look after myself normally without causing extra pain.

I can look after myself normally but it is very painful.

It is painful to look after myself and I am slow and careful.

I need some help but manage most of my personal care.

I need help every day in most aspects of self care.

I do not get dressed, wash with difficulty and stay in bed.

<

Step 11 of 12

Cancel

I can look after myself normally without causing extra pain.

I can look after myself normally but it is very painful.

It is painful to look after myself and I am slow and careful.

I need some help but manage most of my personal care.

I need help every day in most aspects of self care.

I do not get dressed, wash with difficulty and stay in bed.

[Next](#)[Skip this question](#)

<

Step 11 of 12

Cancel

Lifting

I can lift heavy weights without extra pain.

I can lift heavy weights but it gives extra pain.

Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g. on a table.

Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.

I can lift only very light weights.

I cannot lift or carry anything at all.

<

Step 11 of 12

Cancel

I can lift heavy weights without extra pain.

I can lift heavy weights but it gives extra pain.

Pain prevents me from lifting heavy weights off the floor but I can manage if they are conveniently positioned, e.g. on a table.

Pain prevents me from lifting heavy weights but I can manage light to medium weights if they are conveniently positioned.

I can lift only very light weights.

I cannot lift or carry anything at all.

[Next](#)[Skip this question](#)

<

Step 11 of 12

Cancel

Walking

Pain does not prevent me walking any distance.

Pain prevents me walking more than 1 mile.

Pain prevents me walking more than 1/4 of a mile.

Pain prevents me walking more than 100 yards.

I can only walk using a stick or crutches.

I am in bed most of the time and have to crawl to the toilet.

<

Step 11 of 12

Cancel

Pain does not prevent me walking any distance.

Pain prevents me walking more than 1 mile.

Pain prevents me walking more than 1/4 of a mile.

Pain prevents me walking more than 100 yards.

I can only walk using a stick or crutches.

I am in bed most of the time and have to crawl to the toilet.

[Next](#)[Skip this question](#)

<

Step 11 of 12

Cancel

Sitting

I can sit in any chair as long as I like.

I can sit in my favourite chair as long as I like.

Pain prevents me from sitting for more than 1 hour.

Pain prevents me from sitting for more than 1/2 hour.

Pain prevents me from sitting for more than 10 minutes.

Pain prevents me from sitting at all.

Next

<

Step 11 of 12

Cancel

Sitting

I can sit in any chair as long as I like.

I can sit in my favourite chair as long as I like.

Pain prevents me from sitting for more than 1 hour.

Pain prevents me from sitting for more than 1/2 hour.

Pain prevents me from sitting for more than 10 minutes.

Pain prevents me from sitting at all.

[Next](#)[Skip this question](#)

<

Step 11 of 12

Cancel

Standing

I can stand as long as I want without extra pain.

I can stand as long as I want but it gives me extra pain.

Pain prevents me from standing for more than 1 hour.

Pain prevents me from standing for more than 1/2 an hour.

Pain prevents me from standing for more than 10 minutes.

Pain prevents me from standing at all.

<

Step 11 of 12

Cancel

I can stand as long as I want without extra pain.

I can stand as long as I want but it gives me extra pain.

Pain prevents me from standing for more than 1 hour.

Pain prevents me from standing for more than 1/2 an hour.

Pain prevents me from standing for more than 10 minutes.

Pain prevents me from standing at all.

[Next](#)[Skip this question](#)



<

Step 11 of 12

Cancel

Sleeping

My sleep is never disturbed by pain.

My sleep is occasionally disturbed by pain.

Because of pain I have less than 6 hours sleep.

Because of pain I have less than 4 hours sleep.

Because of pain I have less than 2 hours sleep.

Pain prevents me from sleeping at all.

Next



Step 11 of 12

Cancel

SLEEPING

My sleep is never disturbed by pain.

My sleep is occasionally disturbed by pain.

Because of pain I have less than 6 hours sleep.

Because of pain I have less than 4 hours sleep.

Because of pain I have less than 2 hours sleep.

Pain prevents me from sleeping at all.

[Next](#)[Skip this question](#)

<

Step 11 of 12

Cancel

Social Life

My social life is normal and causes me no pain.

My social life is normal but increases the degree of pain.

Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sport etc.

Pain has restricted my social life and I do not go out as often.

Pain has restricted social life to my home.

I have no social life because of pain.

<

Step 11 of 12

Cancel

My social life is normal and causes me no pain.

My social life is normal but increases the degree of pain.

Pain has no significant effect on my social life apart from limiting my more energetic interests, e.g. sport etc.

Pain has restricted my social life and I do not go out as often.

Pain has restricted social life to my home.

I have no social life because of pain.

[Next](#)[Skip this question](#)

<

Step 11 of 12

Cancel

Travelling

I can travel anywhere without pain.

I can travel anywhere but it gives extra pain.

Pain is bad but I manage journeys over 2 hours.

Pain restricts me to journeys of less than one hour.

Pain restricts me to short necessary journeys under 30 minutes.

Pain prevents me from travelling except to receive treatment.

<

Step 11 of 12

Cancel

I can travel anywhere without pain.

I can travel anywhere but it gives extra pain.

Pain is bad but I manage journeys over 2 hours.

Pain restricts me to journeys of less than one hour.

Pain restricts me to short necessary journeys under 30 minutes.

Pain prevents me from travelling except to receive treatment.

[Next](#)[Skip this question](#)

<

Step 12 of 12

Cancel

All Set!

We'll recommend a daily list of things to do in your Daily Activities Tab.

[Next](#)

<

Step 12 of 12

[Cancel](#)

We'll also ask you to log your daily symptoms in the Symptom Tracker tab.

[Done](#)

Daily Activities

Today

S

M

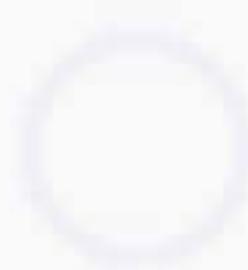
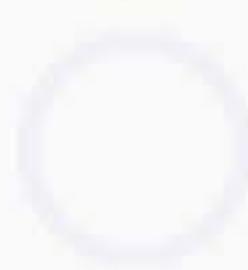
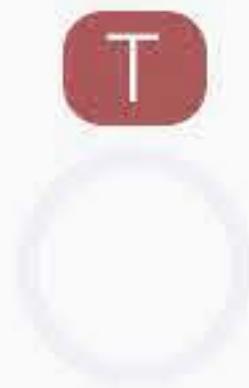
T

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April 26, 2018

Activity Completion



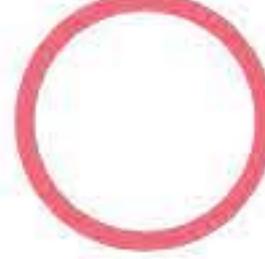
Learn

Remaining Active Read info



Todo's

Transverse Core Strengthening Repeat 10 times



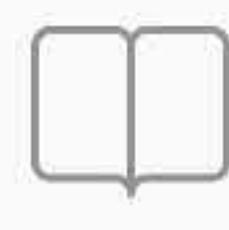
Daily Activities



Symptom Tracker



Insights



Learn



Profile

< Daily Activities

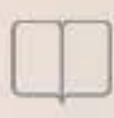
Press Up

Repeat 10 times

INSTRUCTIONS

Lie on your stomach, placing hands on the ground under your shoulders. Push up, attempting to straighten your elbows, so your back arches gently while your hips and legs remain on the ground. Don't use your back muscles; your arms should support you, so you feel the stretch in your chest and stomach. Hold, then slowly lower yourself.

ADDITIONAL INFORMATION



< Daily Activities

Press Up

Repeat 10 times



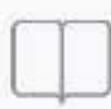
< Daily Activities

Breathe

Repeat 5 times

INSTRUCTIONS

- Take a slow breath in through your nose, breathing into your lower belly (for about 4 seconds).
- Hold for 1 to 2 seconds.
- Exhale slowly through your mouth (for about 4 seconds).
- Wait a few seconds before taking another breath.

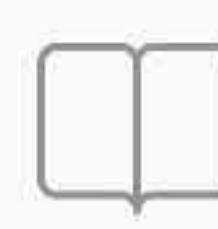
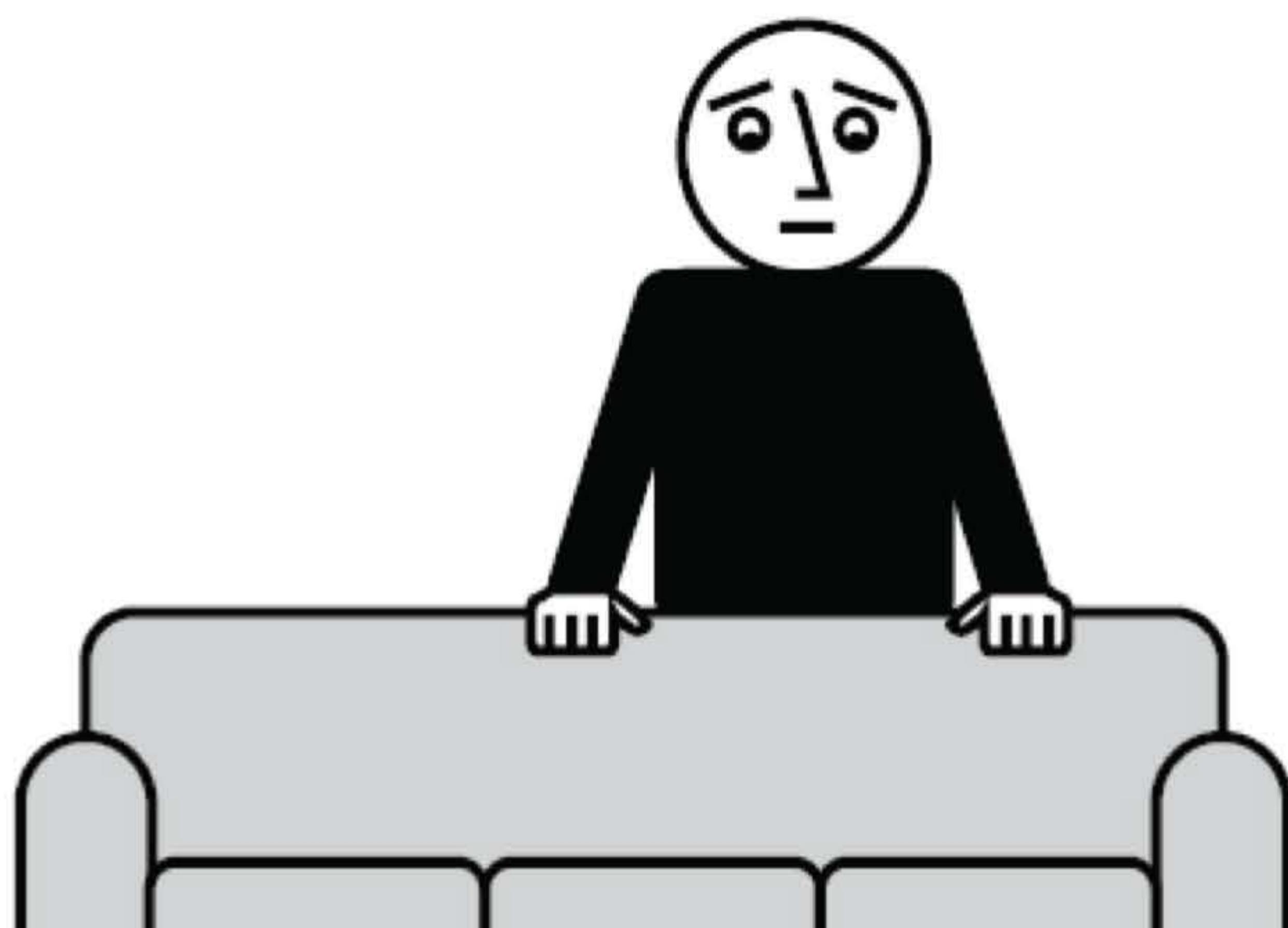


< Daily Activities

When I'm experiencing back pain, should I lay flat and rest my back?

Actually, some of the best advice for treatment of acute back pain is to get out of bed and remain as active as tolerated. Continuing to perform everyday activities may seem counterproductive, and the natural inclination may be to stay on the sofa and avoid activity. Yet, activity may be exactly what you need to keep blood and nutrients flowing to the affected area, inhibiting inflammation and reducing muscle tension.

Many people who suffer from back pain find that they can perform their usual, but more controlled cardiovascular activities—such as walking—in spite of the pain, and often feel better as a result. More vigorous or uncontrolled activities such as weight lifting, competitive or contact sports are not recommended when the pain is severe. Consult with your physician before returning to these types of activities.



Daily Activities

Today

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April 27, 2018

Activity Completion

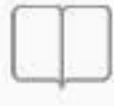
Learn

Types of Exercise Read info



Todo's

Sagittal Core Strengthening Repeat 10 times



< Daily Activities

Transverse Core Strengthening

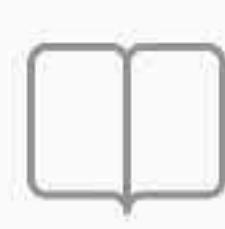
Repeat 10 times

INSTRUCTIONS

This exercise strengthens the muscles that cross from your ribs across your waist and help support you in an upright position. Stand with feet shoulder width apart and toes turned in very slightly. Hold a household object of desired weight (book, can of soup, exercise weight) directly in front of you. Keep your abdominal muscles tight and feet flat on the floor; rotate from side to side. Repeat 10 times.

If you are able to use progressively heavier balls, you will experience more benefit from this exercise. Check with your physician to see if you can/should do this.

ADDITIONAL INFORMATION

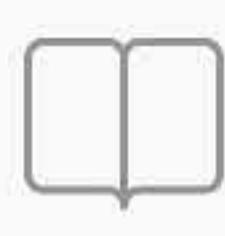


< Daily Activities

Transverse Core Strengthening

Repeat 10 times

ADDITIONAL INFORMATION



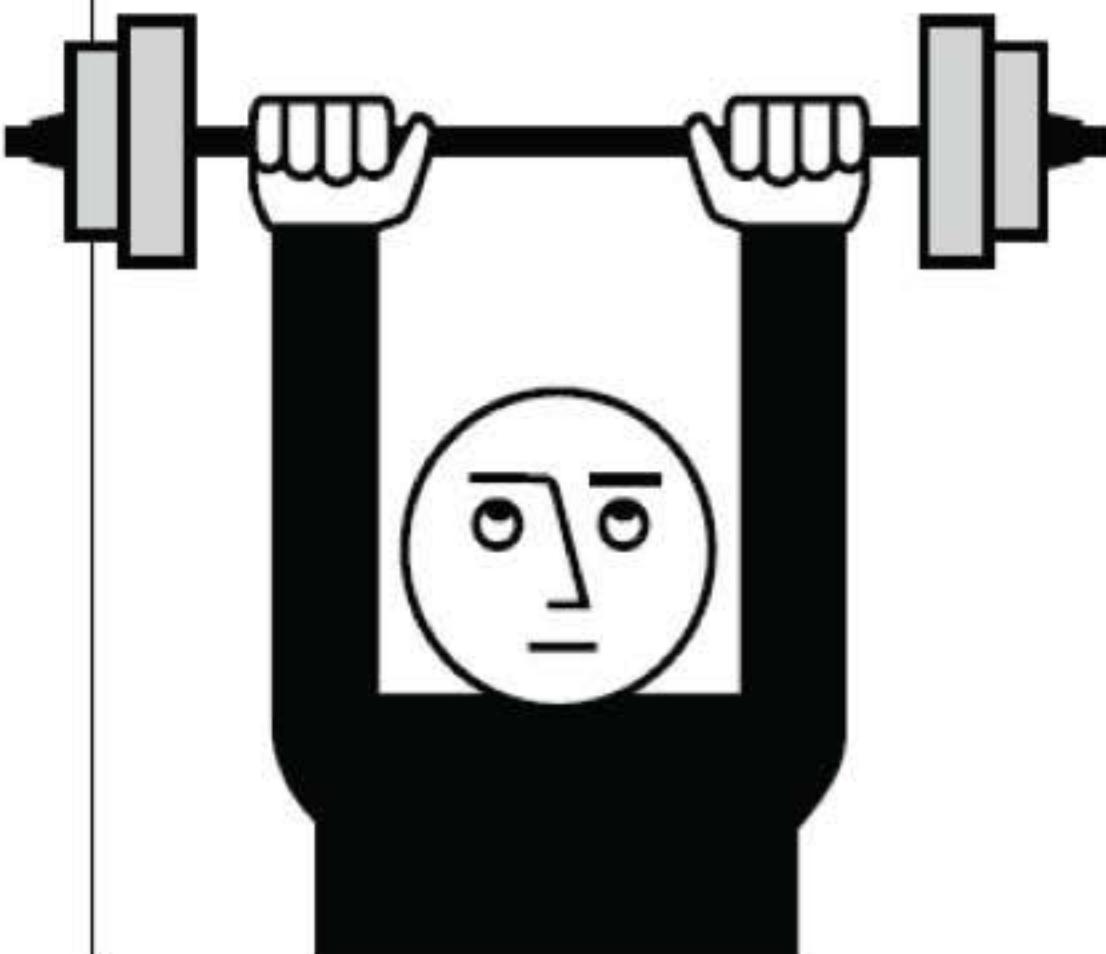
Daily Activities

What is the best type of exercise to alleviate and prevent back pain?

Exercise is one of the most important treatments that your doctor will recommend to reduce back pain. Regular strengthening (core strengthening and resistance or weight training), flexibility (stretching) and aerobic exercise (three to five times per week) will improve your overall fitness and reduce further likelihood of back injury.

Many doctors and specialists provide their patients with proper exercise techniques to alleviate symptoms and prevent further back pain episodes from occurring. When exercising, follow these simple rules:

- Do each exercise slowly.
- Start with five repetitions of each exercise, and work up to 10 repetitions.
- Always remember to begin and end your exercise sessions with stretching.



< Daily Activities

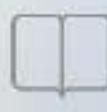
Sagittal Core Strengthening

Repeat 10 times

INSTRUCTIONS

You can stretch and strengthen the low back muscles that help you stand and lift. Stand with your feet shoulder width apart, about 18" in front of a wall (with your back to the wall). Hold a household object of desired weight (book, can of soup, exercise weight) directly in front of you. Tighten your abdominal muscles, then reach through your legs to touch the wall, keeping hips and knees bent. Use your hips to push your body back to a standing position, then extend your arms and reach over your head and slightly backward. Repeat 10 times.

ADDITIONAL INFORMATION

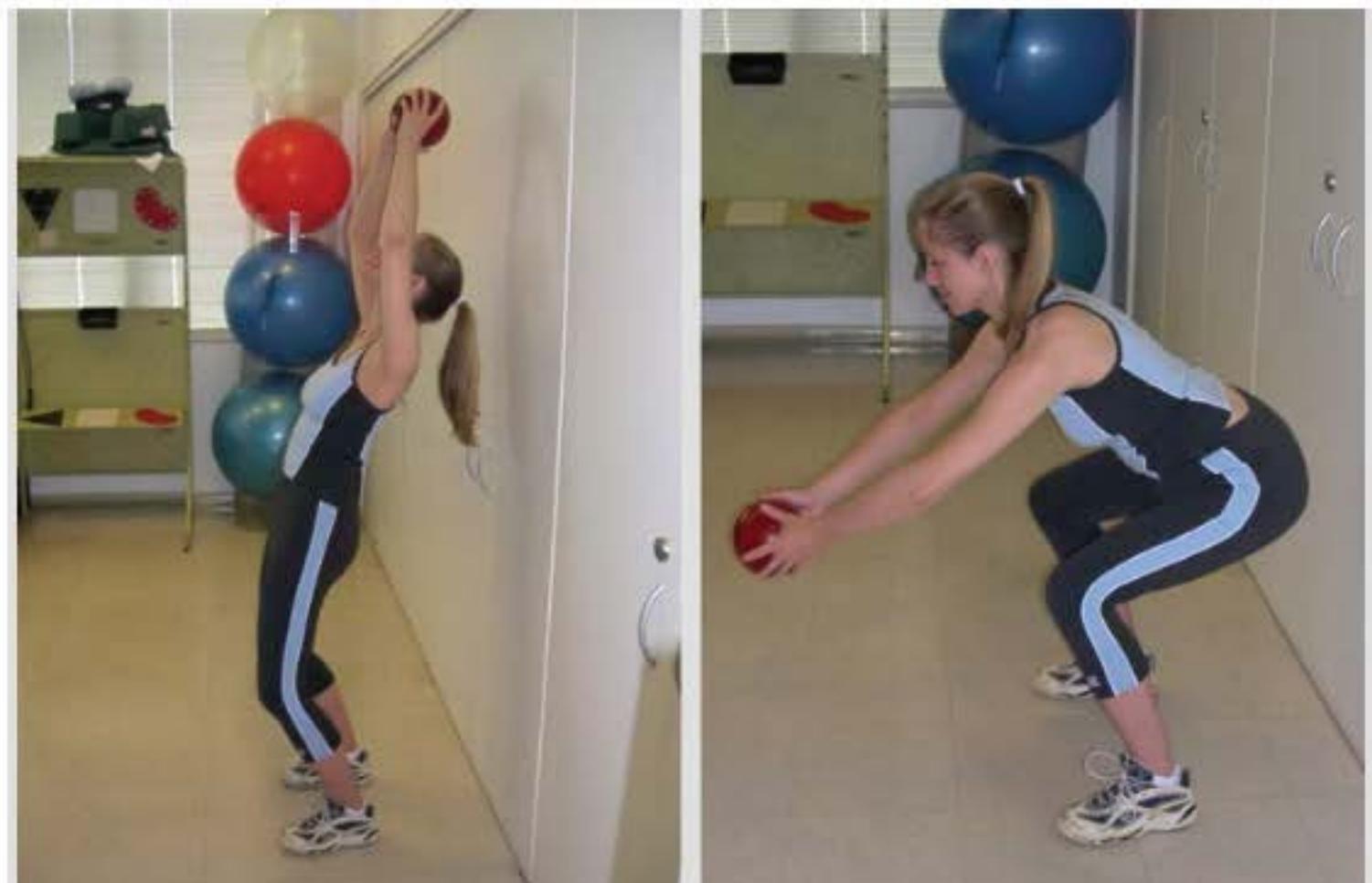


< Daily Activities

Sagittal Core Strengthening

Repeat 10 times

ADDITIONAL INFORMATION



Step 1 of 8

Cancel

Timed Walk

Fitness is important.

This activity measures your lower extremity function.

[Get Started](#)

<

Step 2 of 8

Cancel

Assistive device

Use the same assistive device for each test.

DO YOU WEAR AN ANKLE FOOT ORTHOSIS?

Yes

No

Do you use assistive device?

Tap here to select an answer.

Next



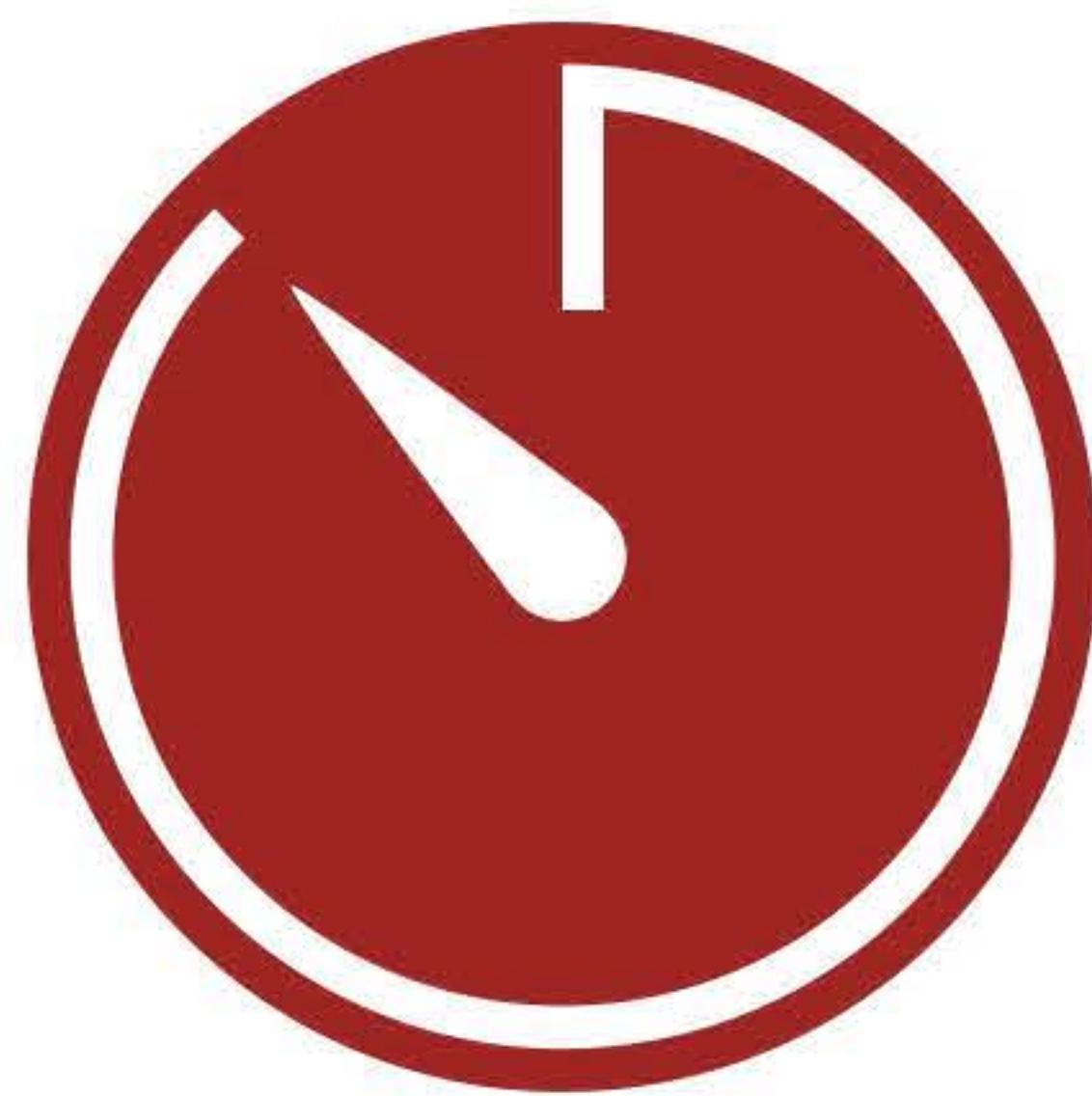
Step 3 of 8

Cancel

Timed Walk

Find a place, preferably outside, where you can walk for about 109 yd in a straight line as quickly as possible, but safely. Do not slow down until after you've passed the finish line.

Tap Next to begin.



Next

Step 5 of 8**Cancel**

Walk up to 109 yd in a straight line.

Tap Done when complete.

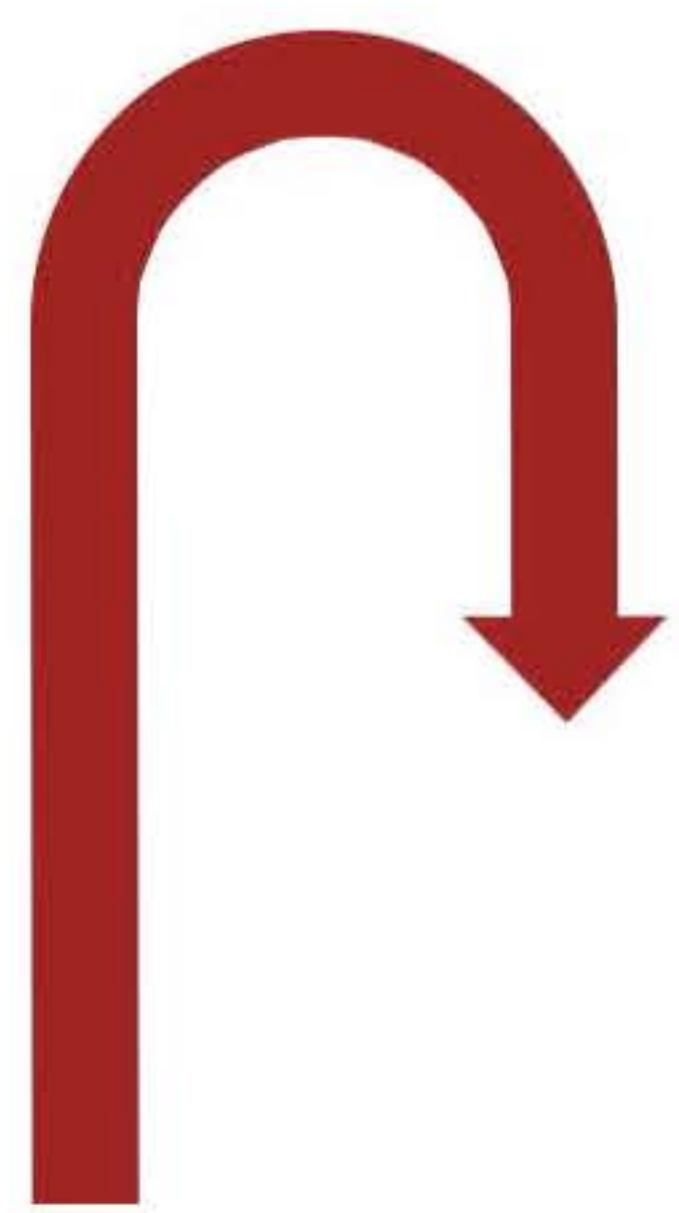
**Next**

Step 6 of 8

[Cancel](#)

Turn around.

Tap Done when complete.

[Next](#)

Step 7 of 8**Cancel**

Walk back to where you started.

Tap Done when complete.

**Next**

Daily Activities

Today

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April 28, 2018

Activity Completion

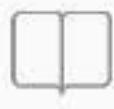
Learn

Ice and/or Heat Read info



Todo's

Abdominal Crunch Repeat 10-15 times



Daily Activities

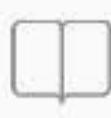
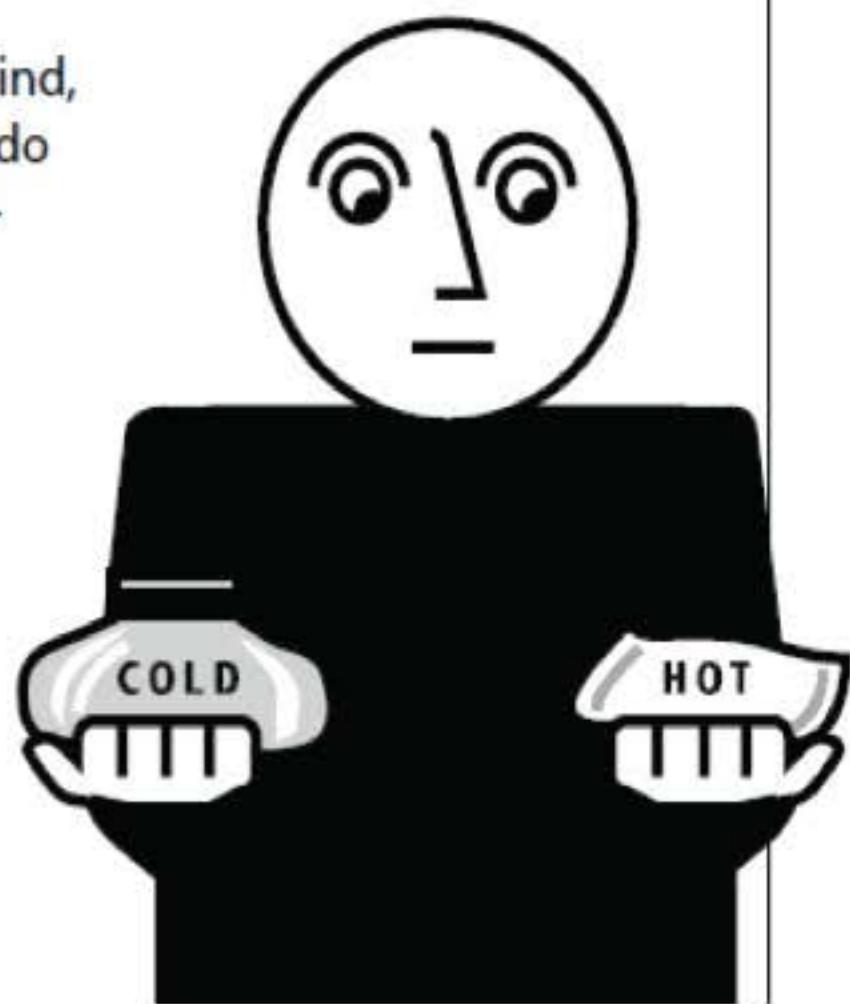
Should I ice or heat a sore low back?

This is probably one of the most commonly asked questions about treatment of back pain. Both ice and heat can help in alleviating pain, but it's important to know when to use them.

Ice reduces inflammation or swelling by decreasing blood flow from constricted blood vessels. Placing an ice pack on the area shortly after the pain begins (within 48 hours) can help with pain relief. Apply an ice pack to the affected area for up to 20 minutes every two hours, but remember to protect your skin from frostbite by using a thin sheet or towel.

Local application of heat or ice can temporarily reduce back pain and heat may facilitate stretching. Heat also is good for soothing sore back muscles, especially after the initial 48 hours has passed. Either dry heat (such as an electric heating pad) or moist heat (such as a hot bath or steamed towels) can be used.

It is important to keep in mind, however, that ice and heat do not necessarily speed long-term recovery.



< Daily Activities

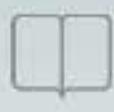
Abdominal Crunch

Repeat 10-15 times

INSTRUCTIONS

Draw abdominal wall inward, exhale as you lift your chest area. This can be done with quick short movements or slow full movements. Repeat 10-15 times or to fatigue.

ADDITIONAL INFORMATION



Daily Activities

Today

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April 29, 2018

Activity Completion

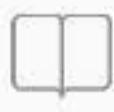
Learn

Physical Activity Benefits Read info



Todo's

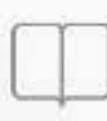
Abdominal Crunch Repeat 10-15 times



Daily Activities



- Regular physical activity is one of the most important things you can do for your health. It can help:
 - Control your weight
 - Reduce your risk of cardiovascular disease
 - Reduce your risk for type 2 diabetes and metabolic syndrome
 - Reduce your risk of some cancers
 - Strengthen your bones and muscles
 - Improve your mental health and mood
 - Improve your ability to do daily activities and prevent falls, if you're an older adult
 - Increase your chances of living

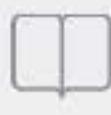


Daily Activities

- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer
- If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people



Stanford
MEDICINE



Daily Activities

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June 23, 2018

Activity Completion

Learn

Reduce Stress Watch video



Todo's

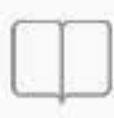
Brace Wear for as long as desired



Breathe Repeat 5 times



Press Up Repeat 10 times



Daily Activities

Today

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June 22, 2018

Activity Completion

Learn

Weekend Warriors Watch video



Todo's

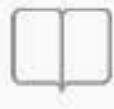
Brace Wear for as long as desired



Breathe Repeat 5 times



Doorway Chest Stretch Repeat 2-3 times daily



Daily Activities

Doorway Chest Stretch

Repeat 2-3 times daily

INSTRUCTIONS

Stand in a doorway placing your arms as shown and with your back straight. Step through the door to feel a stretch in your chest area. Moving your hands higher or lower will allow you to stretch more areas of the chest. Do this for 10-15 seconds.

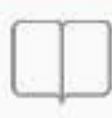
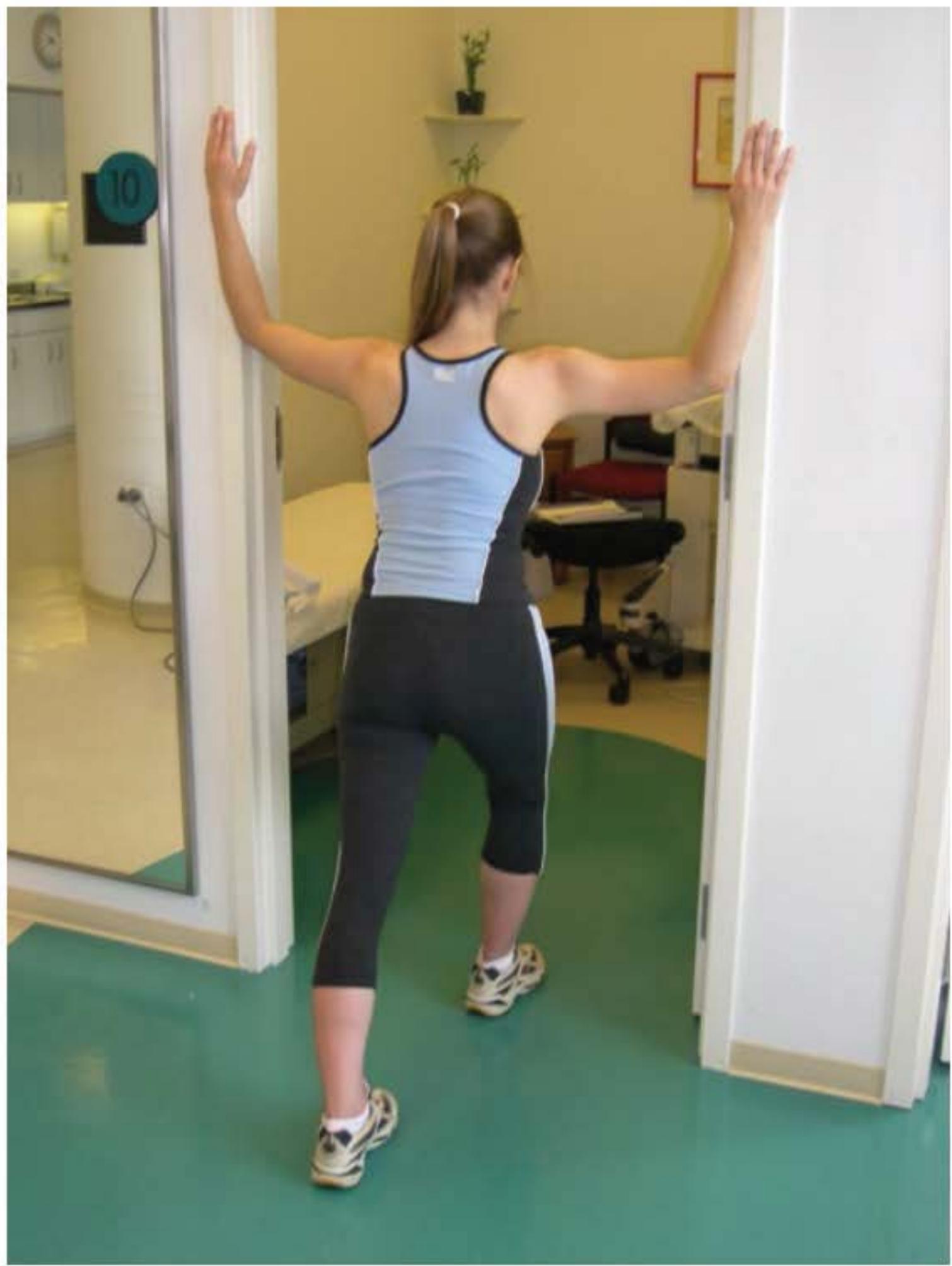
ADDITIONAL INFORMATION



< Daily Activities

Doorway Chest Stretch

Repeat 2-3 times daily



Daily Activities

Today

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June 21, 2018

Activity Completion

Todo's

Backward Bend Repeat 10 times



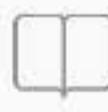
Brace Wear for as long as desired



Breathe Repeat 5 times



Frontal Core Stretch Repeat 10 times



< Daily Activities

Backward Bend

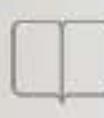
Repeat 10 times

INSTRUCTIONS

This is especially good if you've been sitting at a desk. Stand up, placing hands on the top of buttocks, just below the waist. Keep your feet shoulder width apart with your toes turned slightly out. Bend your head, then shoulders, then back backward, letting hips go slightly forward for balance. Slowly return to standing.

Repeat 10 times

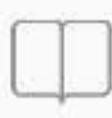
ADDITIONAL INFORMATION



◀ Daily Activities

Backward Bend

Repeat 10 times



< Daily Activities

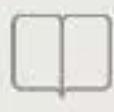
Frontal Core Stretch

Repeat 10 times

INSTRUCTIONS

This will stretch out your sides. Stand with feet hip width apart and tighten your abdominal muscles. Shift your hips to the right while reaching overhead with your right arm. Repeat, shifting your hips to the left while reaching with your left arm. Repeat 10 times, alternating sides.

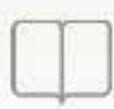
ADDITIONAL INFORMATION



Daily Activities

Frontal Core Stretch

Repeat 10 times



< Daily Activities

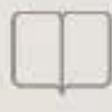
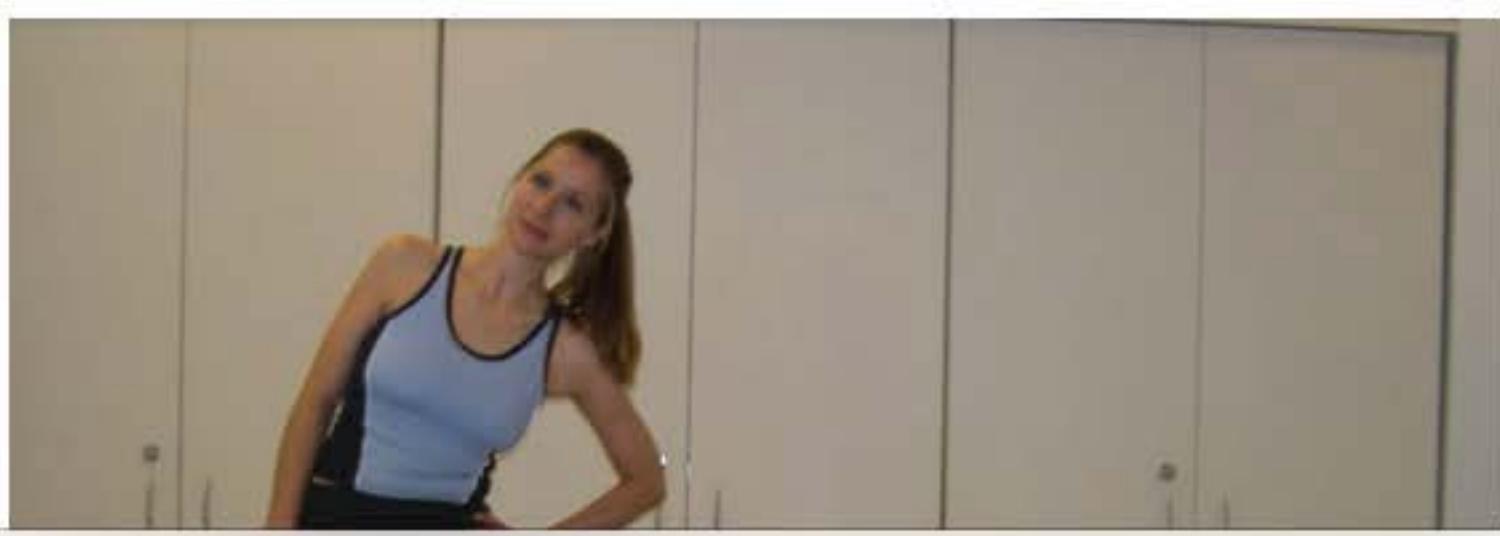
Inner Thigh Stretch

Hold for 60 seconds

INSTRUCTIONS

Turn your body facing forward. Place your leg onto a chair and try to keep your leg straight. Adjust the height of the chair as necessary to allow you to maintain a straight leg. Lean into the leg on the chair to feel a stretch in the inner thigh area. Hold for 60 seconds

ADDITIONAL INFORMATION



< Daily Activities

Inner Thigh Stretch

Hold for 60 seconds



< Daily Activities

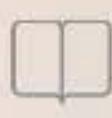
Press Up

Repeat 10 times

INSTRUCTIONS

Lie on your stomach, placing hands on the ground under your shoulders. Push up, attempting to straighten your elbows, so your back arches gently while your hips and legs remain on the ground. Don't use your back muscles; your arms should support you, so you feel the stretch in your chest and stomach. Hold, then slowly lower yourself.

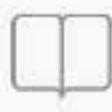
ADDITIONAL INFORMATION



< Daily Activities

Press Up

Repeat 10 times



< Daily Activities

Hamstring Stretch

Hold for 60 seconds

INSTRUCTIONS

Stretching the hamstring can be done sitting or standing. Keep your leg straight as you lean forward with your chest. Hold for 60 seconds.

ADDITIONAL INFORMATION



< Daily Activities

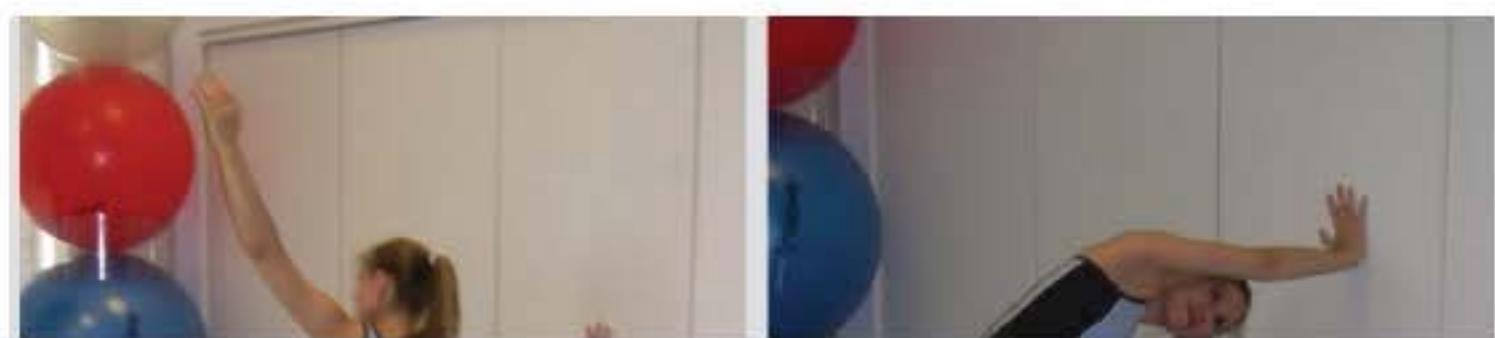
Thread The Needle

Repeat 10-15 times

INSTRUCTIONS

Stand with one hand on the wall and the opposite leg on the ground, abdominals tight, back straight. Most of your weight should be through the arm on the wall. Reach under your arm pit area (3:00 o'clock) and reach out and up (10:00 o'clock). Keep your weight-bearing shoulder blade down. Repeat 10-15 times, holding 5 seconds. Switch sides and repeat.

ADDITIONAL INFORMATION



< Daily Activities

Thread The Needle

Repeat 10-15 times

ADDITIONAL INFORMATION



< Daily Activities

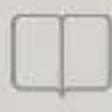
Wall Wash

Repeat 10-15 times

INSTRUCTIONS

Stand facing a wall with a cloth in hand. Squat down to 4:00 o'clock and back up to 10:00 o'clock (or as much as your range of motion allows). Hold each position for 1-2 seconds.

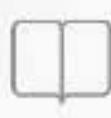
ADDITIONAL INFORMATION



< Daily Activities



- Much research has been done to help identify people at risk for long-term pain and disability. As you will see below, most of these signs are how people feel and how they react to their pain.
- Signs of people at risk of long-term pain:
 - Believing that hurt means harm
 - Believing you will be disabled
 - Believing you have serious damage or injury, and not accepting of reassurance
 - Avoiding activity due to fear of causing damage
 - Extended rest and inactivity
 - Believing someone or something outside of yourself else can fix the pain



Daily Activities

something outside of yourself else can fix the pain

- Feeling depressed and withdrawn
- These thoughts and behaviors develop gradually. It is important to notice them and act on them early. Please use the information in this app to guide you through the actions necessary to relieve and successfully cope with back pain. You may find additional help and resources with your doctor or therapist. Staying off from work over a month raises your risk of developing long-term problems. The goal is not to delay your recovery to normal daily activities.



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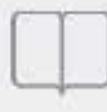
Daily Activities



Symptom Tracker



Insights



Learn



Profile

Daily Activities

Today

S

M

T

W

T

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May 23, 2018

Activity Completion

Learn

Summary: Back Pain Facts Read info



Todo's

Abdominal Crunch Repeat 10-15 times



Sagittal Core Strengthening Repeat 10 times



Transverse Core Strengthening Repeat 10 times



< Daily Activities

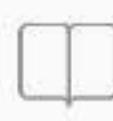


- Back pain is very common, and most cases are not due to serious injury and will improve within days to a few weeks.
- Outside of a small minority of people who suffer from a slipped disc or nerve impingement, the most common causes of back pain are due to the structures that provide movement to your back - the joints, ligaments and muscles.
- Bed rest beyond a day or two is the worst way to cope with the pain and recover. Extensive bed rest not only worsens the pain but also prolongs it in addition to causing increased muscle weakness and back stiffness.
- There are a variety of ways to deal



Daily Activities

- There are a variety of ways to deal with an acute attack of back pain, including pain killers, heat and cold compress, and massage. Remember, these strategies are meant solely to give you some comfort and mask the pain to allow you to return to activity.
- Back pain is frustrating. Be mindful of the risk of developing chronic back pain. Be aware of the signs of people at risk for chronic back pain and use the information in this app to guide you through the actions necessary to prevent the mindset and physical manifestation of chronic back pain.
- Remember: the key is to stay active. Put serious thought and planning into the activities you do in your daily life. Use this app for recommendations of how to optimize and adjust daily activities of sitting, driving, lifting, carrying, sports, and sleeping to provide a smooth path to recovery.



Number Nine

Daily Activities

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May 22, 2018

Activity Completion

Learn

Weekend Warriors Watch video



Todo's

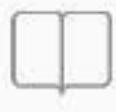
Neck Press Repeat 6 times



Plank Repeat 5 times



Side Bridge Repeat 1-5 times



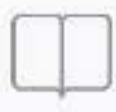
< Daily Activities

Neck Press

Repeat 6 times

INSTRUCTIONS

This is an isometric exercise to strengthen your neck. Press your palm against your forehead, then use your neck muscles to push against your palm. Hold for ten seconds and repeat six times. Then press your palm against your temple and use your neck muscles to push against your palm, holding for ten seconds and repeating six times on each side. Then cup both hands behind your head and use your neck muscles to press back into your hands. Hold for ten seconds, and repeat six times.



Daily Activities

Plank

Repeat 5 times

INSTRUCTIONS

Prop up onto elbows and knees. Keep shoulders, hips and knees in a straight line. Hold 10 seconds, working towards 30 seconds. Repeat 5 times.

ADDITIONAL INFORMATION



< Daily Activities

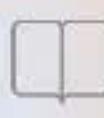
Side Bridge

Repeat 1-5 times

INSTRUCTIONS

On your side with knees bent at 90 degrees, prop up on your elbow, elongate neck away from shoulder, and draw your abdominal wall in. Continue to breathe. Lift hips away from table keeping your head, shoulders and hips in a straight line. Hold for 10 seconds working towards 30 seconds. Repeat 1-5 times or to fatigue.

ADDITIONAL INFORMATION



< Daily Activities

Side Bridge

Repeat 1-5 times



Daily Activities

Today

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May 21, 2018

Activity Completion

Learn

Strong Bones Watch video



Todo's

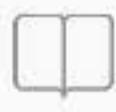
Abdominal Crunch Repeat 10-15 times



Sagittal Core Strengthening Repeat 10 times



Transverse Core Strengthening Repeat 10 times



Daily Activities

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May 20, 2018

Activity Completion

Learn

Reduce Stress Watch video



Todo's

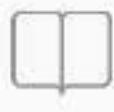
Neck Press Repeat 6 times



Plank Repeat 5 times



Side Bridge Repeat 1-5 times



Daily Activities

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May 19, 2018

Activity Completion

Learn

Posture Tips

Watch video



Todo's

Abdominal Crunch

Repeat 10-15 times



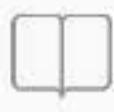
Sagittal Core Strengthening

Repeat 10 times



Transverse Core Strengthening

Repeat 10 times



Daily Activities

Today

S

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May 18, 2018

Activity Completion

Learn

Body Mechanics Watch video



Todo's

Neck Press Repeat 6 times



Plank Repeat 5 times



Side Bridge Repeat 1-5 times



Daily Activities

Today

S

M

T

W

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F

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May 16, 2018

Activity Completion

Learn

Maintaining a Healthy Weight Watch video >



Todo's

Neck Press Repeat 6 times >



Plank Repeat 5 times >



Side Bridge Repeat 1-5 times >



Daily Activities

Today

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May 14, 2018

Activity Completion

Learn

Smoking Watch video



Todo's

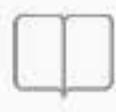
Neck Press Repeat 6 times



Plank Repeat 5 times



Side Bridge Repeat 1-5 times



Daily Activities

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May 6, 2018

Activity Completion

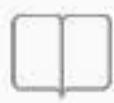
Learn

Chronic Pain Read info



Todo's

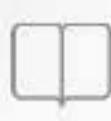
Neck Press Repeat 6 times



< Daily Activities



- Much research has been done to help identify people at risk for long-term pain and disability. As you will see below, most of these signs are how people feel and how they react to their pain.
- Signs of people at risk of long-term pain:
 - Believing that hurt means harm
 - Believing you will be disabled
 - Believing you have serious damage or injury, and not accepting of reassurance
 - Avoiding activity due to fear of causing damage
 - Extended rest and inactivity
 - Believing someone or something outside of yourself else can fix the pain



Daily Activities

something outside of yourself else can fix the pain

- Feeling depressed and withdrawn
- These thoughts and behaviors develop gradually. It is important to notice them and act on them early. Please use the information in this app to guide you through the actions necessary to relieve and successfully cope with back pain. You may find additional help and resources with your doctor or therapist. Staying off from work over a month raises your risk of developing long-term problems. The goal is not to delay your recovery to normal daily activities.



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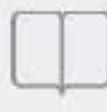
Daily Activities



Symptom Tracker



Insights



Learn



Profile

Daily Activities

Today

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M

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W

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May 7, 2018

Activity Completion

Learn

Staying Active (1 of 2) Read info

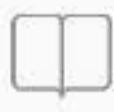


Todo's

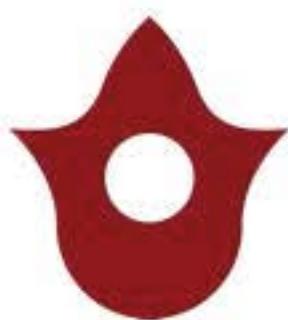
Plank Repeat 5 times



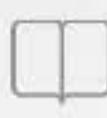
Side Bridge Repeat 1-5 times



< Daily Activities



- The sooner you get active and mobile the better. If your pain is particularly severe, you may need rest and a short time off work. However, even then you can likely achieve most of your daily activities if you develop a plan. Identify the challenges and ways things can be done differently.
- The key to the right activity is to increase mobility without putting too much strain on your back. The principles are as follows:
 - Keep moving.
 - Do not remain in one position for too long.
 - Challenge yourself to move further and in more ways every day.



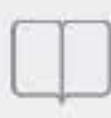
Daily Activities

However, even then you can likely achieve most of your daily activities if you develop a plan. Identify the challenges and ways things can be done differently.

- The key to the right activity is to increase mobility without putting too much strain on your back. The principles are as follows:
 - Keep moving.
 - Do not remain in one position for too long.
 - Challenge yourself to move further and in more ways every day.
 - Do not stop your ordinary daily activities – but you may adjust how you do them.



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MEDICINE



Daily Activities

Today

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May 8, 2018

Activity Completion

Learn

Staying Active (2 of 2) Read info



Todo's

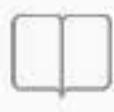
Abdominal Crunch Repeat 10-15 times



Sagittal Core Strengthening Repeat 10 times



Transverse Core Strengthening Repeat 10 times



< Daily Activities



- Try the following modifications in your daily activities:
 - Sitting – Choose a chair and position that is comfortable. Try out different chairs and positions. You can place some support in the lower curvature of your back. Get up and stretch regularly.
 - Desk Work – Adjust the height of your chair to fit the desk. Adjust your keyboard and screen to minimize strain to your back, neck and forearms. Get up and stretch regularly.
 - Driving – Adjust your seat occasionally and try placing support in the lower curvature of your back. If you plan on



Daily Activities

~~walking breaks.~~

- Lifting – Do not lift more than you need to. Think and plan how you will lift something. Keep the weight of the load close to your body. Do not twist your abdomen while you are lifting, but turn with your feet.
- Carrying and shopping – Don't carry anything if you don't need to – use shopping carts. Carry things close to your body and balance the weight between both hands.
- Sports – You may need to lower your intensity, but do continue with your sport of choice. Swimming is a good alternative – try different strokes to vary your movements.
- Sleeping – Some people report pain relief with firmer mattresses. Take your time to experiment and find the right fit. If the pain is preventing you



Daily Activities

between both hands.

- Sports – You may need to lower your intensity, but do continue with your sport of choice. Swimming is a good alternative – try different strokes to vary your movements.
- Sleeping – Some people report pain relief with firmer mattresses. Take your time to experiment and find the right fit. If the pain is preventing you from sleep, try a pain killer an hour before.
- Sex – Continue your usual sexual activity and try different positions.



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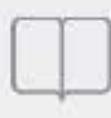
Daily Activities



Symptom Tracker



Insights



Learn



Profile

< Daily Activities



- Most cases of back pain are not due to any serious disease.
- While aches and pains can last for quite a long time, acute back pain usually improves within days to a few weeks. Once the acute pain subsides, most people regain full function, even with some remaining pain.
- About half of the people who experience back pain will get it again within two years. This is common and should not be cause for alarm. How you react to a back pain episode is very important. Resting more than a day or two will not help and instead may prolong the pain.
- Your body is built for movement.



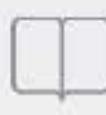
Daily Activities

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- Your body is built for movement. Make sure to keep moving and return to your daily activities as soon as you can even if some pain remains.



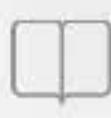
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Daily Activities



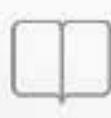
- The U.S. Department of Health and Human Services (HHS) has released physical activity guidelines for all Americans.
- The general guidelines for adults are:
 - Some physical activity is better than none. Inactive adults should gradually increase their level of activity. People gain health benefits from as little as 60 minutes of moderate-intensity aerobic activity per week.
 - For major health benefits, do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity or 75 minutes (1 hour and 15



Daily Activities

or vigorous-intensity activity.

- For even more health benefits, do 300 minutes (5 hours) of moderate-intensity aerobic activity or 150 minutes (2 hours and 30 minutes) of vigorous-intensity activity each week (or a combination of both). The more active you are, the more you will benefit.
- When doing aerobic activity, do it for at least 10 minutes at a time. Spread the activity throughout the week. Muscle-strengthening activities that are moderate or vigorous intensity should be included 2 or more days a week. These activities should work all of the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms). Examples include lifting weights, working with resistance bands, and doing situps and pushups, yoga, and



Daily Activities

- The guidelines for adults aged 65 or older are:
 - Older adults should be physically active. Older adults who do any amount of physical activity gain some health benefits. If inactive, older adults should gradually increase their activity levels and avoid vigorous activity at first.
 - Older adults should follow the guidelines for adults, if possible. Do a variety of activities, including walking. Walking has been shown to provide health benefits and a low risk of injury.
 - If you can't do 150 minutes (2 hours and 30 minutes) of activity each week, be as physically active as your abilities and condition allow.
 - You should do balance exercises if you're at risk for falls.

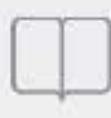


Daily Activities

- If you can't do 150 minutes (2 hours and 30 minutes) of activity each week, be as physically active as your abilities and condition allow.
- You should do balance exercises if you're at risk for falls. Examples include walking backward or sideways, standing on one leg, and standing from a sitting position several times in a row.
- If you have a chronic (ongoing) condition—such as heart disease, lung disease, or diabetes—ask your doctor what types and amounts of activity are safe for you.



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< Daily Activities



- Most cases of back pain are not due to any serious disease.
- While aches and pains can last for quite a long time, acute back pain usually improves within days to a few weeks. Once the acute pain subsides, most people regain full function, even with some remaining pain.
- About half of the people who experience back pain will get it again within two years. This is common and should not be cause for alarm. How you react to a back pain episode is very important. Resting more than a day or two will not help and instead may prolong the pain.
- Your body is built for movement.



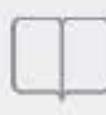
Daily Activities

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- Your body is built for movement. Make sure to keep moving and return to your daily activities as soon as you can even if some pain remains.



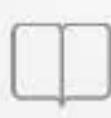
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MEDICINE



< Daily Activities



- Your spine is among the strongest parts of your body. Your spine consists of solid bony vertebra, cushioned by flexible discs, bound by multiple ligaments and supported by large muscles. With these structures, it is surprisingly difficult to damage the spine.
- Most causes of back pain come from the structures that provide movement to the back – the joints, ligaments and muscles. The key to recovery is to resume natural and usual movement.
- Despite what you might have heard:
 - A very small minority of people with back pain have a slipped disc or nerve impingement. In



Daily Activities

- Despite what you might have heard:
 - A very small minority of people with back pain have a slipped disc or nerve impingement. In those few cases, the symptoms usually resolve with conservative treatment involving continued movement and exercise. Very few people with back pain ever need to resort to surgery.
 - Most doctors and therapists will not be able identify the specific source of your pain. You should generally consider that good news, as it likely indicates you have no serious damage to the spine.
 - X-rays and MRI scans can help identify serious spinal injuries but are often misleading and unhelpful for usual cases of back pain. Terms such as “degeneration” may sound alarming, but usually indicate



Daily Activities

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May 3, 2018

Activity Completion

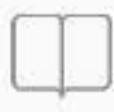
Learn

Controlling Pain Read info



Todo's

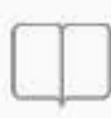
Plank Repeat 5 times



< Daily Activities

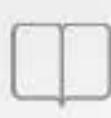


- While there is no miracle cure, there are treatments that should allow you to control the pain enough to make you feel better and help return you to an active life.
- Pain killers:
 - Safe use of over-the-counter painkillers is effective to mask the pain to enable you to return to activity.
Acetaminophen is a safe and effective pain killer. You can also use anti-inflammatory pain killers like Ibuprofen. Ask your physician which medication would be best for



Daily Activities

- Heat and cold:
 - Both heat and cold can be used for short-term relief of pain and muscle tension. You can try applying a cold pack wrapped in a damp towel where it is sore every 10 minutes or as needed for the first 48 hours. Alternatively, you can use a warm compress, bath or a shower to temporarily relieve pain.
- Massage:
 - Gentle massage on the area of pain can help relieve pain and relax the muscles.
- Manipulation:
 - There is general agreement that manipulation, done safely by a qualified professional (e.g. osteopaths, chiropractors, physiotherapists, doctors with special training), can help relieve back pain. Just a few



Daily Activities

relieve back pain. Just a few sessions should be enough. Prolonged manipulation is discouraged.

- Other treatment:
 - Some people have found other treatments, such as electrotherapy machines, acupuncture, or alternative medicines, helpful for back pain. While most of these treatments rarely provide lasting pain relief, they may be helpful in the short-term and are not necessary for extended use. Getting you back to normal movement and activity is the priority.



Stanford
MEDICINE



Daily Activities

Today

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May 4, 2018

Activity Completion

Learn

Reducing Tension Read info



Todo's

Sagittal Core Strengthening Repeat 10 times



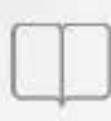
Transverse Core Strengthening Repeat 10 times



< Daily Activities



- Stress and muscle tension can not only worsen but also prolong the pain we experience. While we cannot eliminate all stress, we can reduce its effects through exercise, controlled breathing, muscle relaxation and meditation.
- The Swedish relaxation exercise is one strategy among many. You may respond to his exercise quite quickly. Deep relaxation may take 10-15 minutes of this exercise:
 - Find a quiet place and a comfortable sitting or lying position.
 - Inhale a deep breath, hold for 15-20 seconds and exhale, in

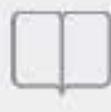


Daily Activities

- The Swedish relaxation exercise is one strategy among many. You may respond to his exercise quite quickly. Deep relaxation may take 10-15 minutes of this exercise:
 - Find a quiet place and a comfortable sitting or lying position.
 - Inhale a deep breath, hold for 15-20 seconds and exhale, in a slow and steady manner.
 - Try to focus your mind on something calm and repetitive.
 - Focus on your breathing and try to let go of tension when exhaling.



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Daily Activities

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May 5, 2018

Activity Completion

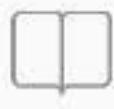
Learn

Frustration Read info



Todo's

Abdominal Crunch Repeat 10-15 times



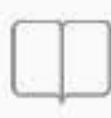
Daily Activities



- Back pain itself can often cause anxiety and frustration. There is often conflicting advice from family, friends and professionals. Together, this can lead to uncertainty and stress. The guidance in this app comes from the latest research. Remember, serious damage is rare and the long-term outlook is good. With that mind, try not to let anxiety and frustration slow down your recovery.



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Daily Activities

Today

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May 26, 2018

Activity Completion

Learn

Reduce Stress Watch video



Todo's

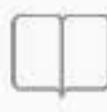
Brace Wear for as long as desired



Breathe Repeat 5 times



Press Up Repeat 10 times



< Daily Activities

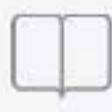
Brace

Wear for as long as desired

INSTRUCTIONS

You may consider purchasing a soft lumbar or lumbosacral brace made of cloth. You may obtain one at any medical supply store near you. Use the brace whenever you need an extra reminder to stabilize your back.

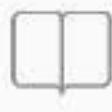
ADDITIONAL INFORMATION



< Daily Activities

Brace

Wear for as long as desired



Insights

INSIGHTS

1 Days in Study 

Thanks for getting started!

Back Pain

Fri N/A

4/20 N/A

Sat N/A

4/21 N/A

Sun N/A

4/22 N/A

Mon N/A

4/23 N/A

Tue N/A

4/24 N/A

Wed N/A

4/25 N/A

Thu N/A

4/26 N/A

7

 Pain

 Medication Adherence

Pain & Activity Routine Trends

10 —



Daily Activities



Symptom Tracker



Insights



Learn



Profile

Insights

4/20 N/A

Sat N/A
4/21 N/A

Sun N/A
4/22 N/A

Mon N/A
4/23 N/A

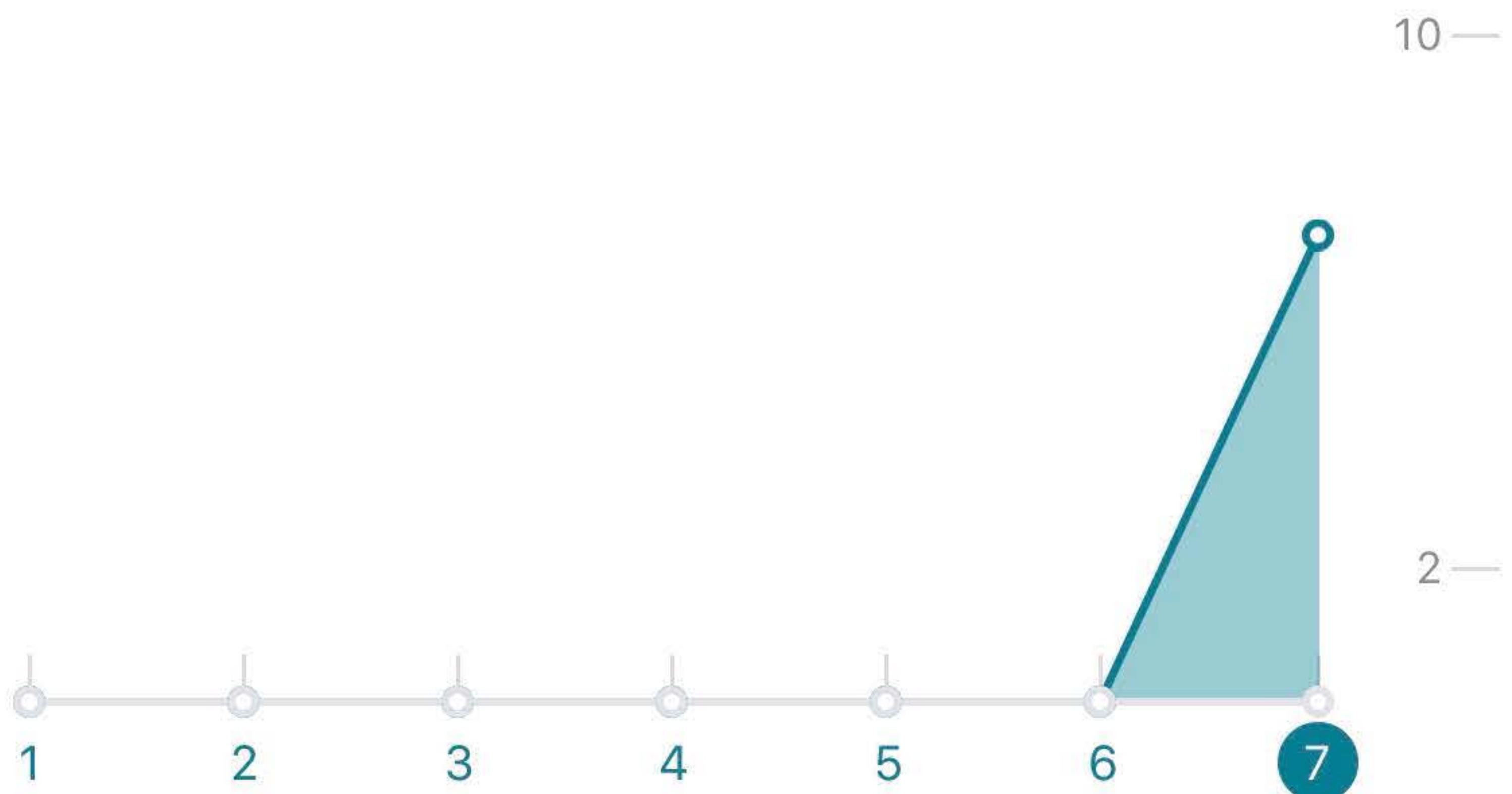
Tue N/A
4/24 N/A

Wed N/A
4/25 N/A

Thu N/A
4/26 N/A

Pain Medication Adherence

Pain & Activity Routine Trends



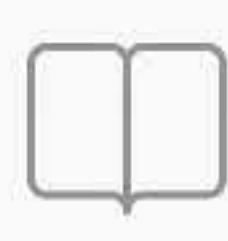
Daily Activities



Symptom Tracker



Insights



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Profile

Insights

INSIGHTS

1 Days in Study 

Thanks for getting started!

Back Pain

Fri **N/A**

4/20 **N/A**

Sat **N/A**

4/21 **N/A**

Sun **N/A**

4/22 **N/A**

Mon **N/A**

4/23 **N/A**

Tue **N/A**

4/24 **N/A**

Wed **N/A**

4/25 **N/A**

Thu **N/A**

4/26 **N/A**

7

 Pain

 Medication Adherence

Pain & Activity Routine Trends

10 —



Daily Activities



Symptom Tracker



Insights



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Profile

Insights

Sat
4/21 N/A
N/A

Sun
4/22 N/A
N/A

Mon
4/23 N/A
N/A

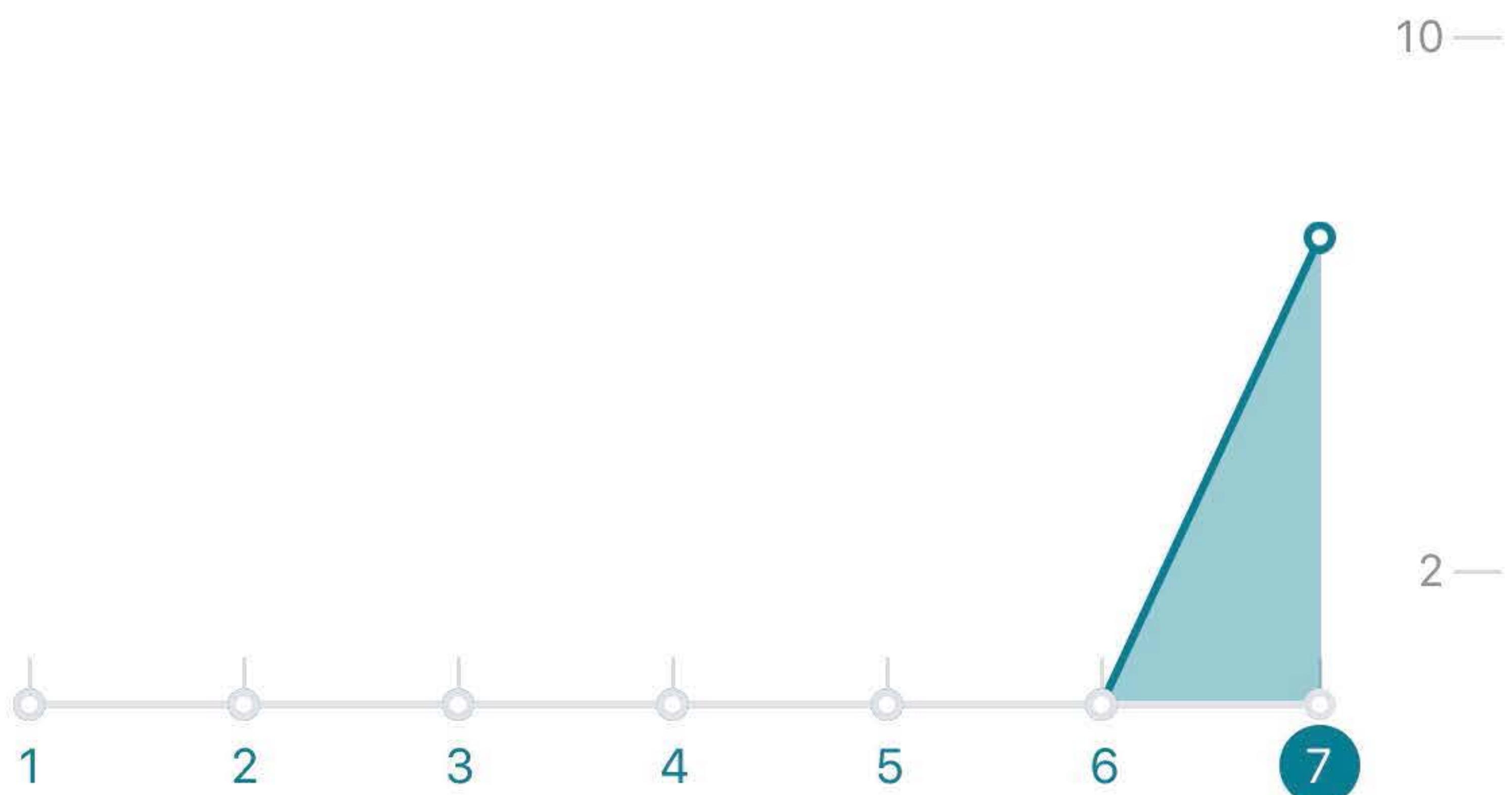
Tue
4/24 N/A
N/A

Wed
4/25 N/A
N/A

Thu
4/26 N/A
7

Pain Medication Adherence

Pain & Activity Routine Trends



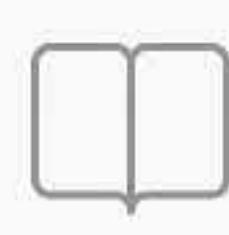
Daily Activities



Symptom Tracker



Insights



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Profile

Profile



J J

Currently Participating In

Stanford SpineKeeper

PERSONAL INFO

Email justinnorden@gmail.com

Gender female

Date of Birth 4/26/98

SETTINGS

Change Passcode

Permissions



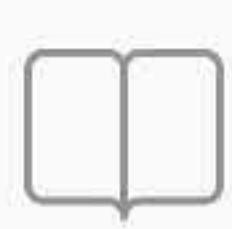
Daily Activities



Symptom Tracker



Insights



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