

We are recruiting participants for a study titled:

**Study of the Neuro-Immune Response to Physical Training in Chronic Low Back Pain**

**MONTREAL GENERAL HOSPITAL – MCGILL UNIVERSITY**  
1650 Cedar Ave, Montreal, H3G 1A4 ([how to get there](#))

In this study, participants will have access to  
an online physical exercise program led by registered kinesiologists  
for the treatment of **long-term or chronic low back pain**.

***People may be eligible if they:***

- Are between 18 and 75 years old
- Have been suffering from **lower back pain (lumbar region) for at least 3 months, or recurrent pain for at least 6 months**
- Do not have neurological or psychiatric disorders, or diabetes
- Have access to an internet connection and a webcam

Please note that all physical training is conducted online, and no equipment is required. Participants will only need to visit the Montreal General Hospital on 5 occasions. The project will include:

- Initial physical evaluation at the Hospital (approximately 2 hours 30 minutes)
- A 12-week personalized muscular and cardiovascular training program (3 x 1 hour/week) via a web platform
- Three control sessions at the Hospital (approximately 30 minutes each)
- Final physical evaluation at the Hospital (approximately 2 hours and 15 minutes)

If you are interested, you can complete a pre-screening questionnaire that you can access below, or email our research team to receive additional information at:

[backpain@muhc.mcgill.ca](mailto:backpain@muhc.mcgill.ca)

Scan here or click on  
the link



<https://redcap.link/ai8q92pb>

