

difficult. d) Satisfaction: Among 43 sessions, 53% reported “loved it,” 42% “liked it,” and 5% “neutral”.

Conclusion: The INTERACT protocol appears feasible for caregivers and children, considering evaluation, intervention, and satisfaction. **Implications:** Feasibility studies support RCT development, preventing unfeasible or unsafe interventions and optimizing financial and human resources.

Keywords: Cerebral palsy, children, augmented reality

Conflict of interest: The authors declare no conflict of interest.

Funding: CAPES - Finance Code 001 and FAPESP.

Ethics committee approval: CAAE: 31885020.9.0000.5504; Parecer: 4.944.628.

Registration: Not applicable.

<https://doi.org/10.1016/j.bjpt.2025.101451>

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PERSPECTIVES OF INDIVIDUALS POST-STROKE IN PATIENT AND PUBLIC INVOLVEMENT PANELS ON COMPONENTS RELATED TO HEALTHY LIFESTYLE ADOPTION: A CROSS-COUNTRY ANALYSIS

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Background: Stroke secondary prevention, centered on medication adherence and adoption of healthy lifestyle behaviors, is essential for reducing the global stroke burden. However, clinical guidelines, especially in low- and middle-income countries (LMICs), often lack recommendations on adopting healthy lifestyle behaviors. Ireland, a high-income country, has evidence and financial support to conduct research on stroke secondary prevention, whereas Brazil, a middle-income country with a higher stroke burden, has limited research and financial support in this field. Therefore, Brazil often relies on evidence from high-income countries like Ireland. However, behavior is influenced by social and environmental factors that differ between countries. Understanding the similarities and differences in perspectives of individuals post-stroke, as members of Patient and Public Involvement (PPI) panels, on components related to adopting healthy lifestyle behaviors is crucial, particularly in LMICs, to develop culturally relevant interventions.

Objectives: To identify the similarities and differences in perspectives of individuals post-stroke, as members of PPI panels, on components related to the adoption of healthy lifestyle behaviors considering two distinct cultural and social contexts - a high-income country (Ireland) and a middle-income country (Brazil).

Methods: A cross-sectional, descriptive study was conducted with PPI panels consisting of five individuals post-stroke in each country (Ireland and Brazil). PPI panel members rated core components for six lifestyle behaviors - healthy diet (5 components), medication adherence (17 components), mood management (27 components), physical activity participation (10 components), safe alcohol consumption (4 components), and smoking cessation (4 components) - as “definitely important,” “maybe important,” or “not important” according to their perspectives. Descriptive statistics were used.

Results: Regarding the similarities, at least 50% of the components of all lifestyle behaviors, except diet (40%), were rated as “definitely important” by the majority of both PPI panels members. In addition, no component was simultaneously rated as “not

important” by the majority of both PPI panels members. Regarding the differences, the Brazilian PPI panel members rated all components of three lifestyle behaviors (healthy diet, physical activity participation, and smoking cessation) as “definitely important,” while no lifestyle behavior had all components rated as “definitely important” by the Irish PPI panel members. Additionally, the Irish PPI panel members rated some components of all lifestyle behaviors as “maybe important” (healthy diet: 20% of the components, medication adherence: 18%, mood management: 33%, physical activity participation: 50%, safe alcohol consumption: 25%, and smoking cessation: 25%).

Conclusion: The similarities highlight key components that should be emphasized in both countries to promote the adoption of healthy lifestyle behaviors post-stroke. The differences underscore the importance of culturally tailored approaches, particularly in middle-income countries like Brazil, where local factors must be considered when adapting and developing interventions.

Implications: This study highlights the need for caution when applying evidence from high-income countries, such as Ireland, to LMICs like Brazil, especially when promoting healthy lifestyle adoption post-stroke. It emphasizes the necessity of context-specific strategies to enhance the effectiveness of interventions in diverse settings.

Keywords: stroke, patient and public involvement, healthy lifestyle

Conflict of interest: The authors declare no conflict of interest.

Funding: CAPES - Finance Code 001, FAPEMIG, CNPq, PRPq/UFMG and WUN.

Ethics committee approval: CAAE: 63282122.5.0000.0121.

Registration: Not applicable.

<https://doi.org/10.1016/j.bjpt.2025.101452>

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FUNCTIONAL INDEPENDENCE AND QUALITY OF LIFE IN PEOPLE WITH SPINAL CORD INJURY

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Background: Spinal Cord Injury (SCI) is a highly debilitating neurological and pathological condition that causes significant motor, sensory and autonomic dysfunctions in the affected individual, affecting their quality of life. In addition, SCI impacts the functionality of the affected person, since depending on the location and severity of the damage, motor and sensory deficits may be manifested.

Objectives: The objective of the study was to identify the level of functional independence and quality of life in people with SCI.

Methods: In this observational, cross-sectional, descriptive and exploratory study, 17 participants of both sexes, with spinal cord injury of any level, participated in an evaluation consisting of an interview to identify sociodemographic data and application of instruments such as the Quality of Life Questionnaire - SF 36 and the Functional Independence Measure (FIM).

Results: Regarding gender, 14 participants were male (83.33%) and 3 were female (16.67%), of which the predominant age range was 40 to 49 years, with 7 individuals (38.88%). Most participants had completed elementary education (38.88%), were single (50%), retired (50%), unemployed (50%) and self-employed (50%). Furthermore, the predominant injury time was between 2 and 10 years (50%), so

that 15 individuals used a wheelchair (88.89%) and 11 performed physical activity (61.11%). Regarding SF-36, it is noteworthy that the domains with the highest average were Limitation due to Emotional Aspects (100 ± 49.6) and Mental Health (86 ± 16.5), in addition, the total average of SF-36 was 59.88 ± 27.79 . Regarding FIM, the total mean obtained was 110.41, with the self-care item obtaining the highest mean (51.23 ± 2.82), on the other hand, the item with the lowest mean was locomotion (5 ± 4.24).

Conclusion: The levels with the highest mean of functionality and quality of life may be related to participation in physical activity, since the majority practice some type of activity, in addition to having a considerable level of education. In addition, the value of self-care suggests more autonomy and rehabilitation practices after the injury. **Implications:** The SF-36 and the MIF are measures that help in the evaluation of people with SCI as an additional tool to Physiotherapy treatment, enhancing therapeutic strategies for functionality and quality of life. However, studies with a greater number of people with SCI should be carried out to further strengthen evidence-based practice aimed at Physiotherapy.

Keywords: Spinal Cord Injury, Quality of life, functional independence

Conflict of interest: The authors declare no conflict of interest.

Funding: PROEX (Pro-reitoria de extensão) da UFPA.

Ethics committee approval: Número de aprovação do CEP: 5.638.729 CAAE: 61710822.0.0000.5345.

Registration: Not applicable.

<https://doi.org/10.1016/j.bjpt.2025.101453>

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IS READINESS-TO-CHANGE DIFFERENTLY AMONG PATIENTS WITH CHRONIC LOW BACK PAIN DISTINCT PAIN PHENOTYPES?

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Background: Phenotypes can help classify Chronic low back pain (CLBP) into nociceptive, neuropathic, and nociplastic types based on the underlying pain mechanisms. This categorization aids in identifying the main type of pain and tailoring treatments, including behavior change, pain education, medications, and psychosocial support. The Pain Stages of Change Questionnaire (PSOCQ) can assess a patient's readiness for self-management. Different pain phenotypes may show varying levels of readiness for change; however, it was not previously reported in the literature.

Objectives: To identify differences in readiness for change between pain phenotypes in participants with CLBP.

Methods: This is a cross-sectional study that utilizes secondary data. The sample comprised participants with CLBP, both sexes, aged between 18 and 60 years, divided into subgroups by pain phenotype: nociceptive (G1), neuropathic (G2), nociplastic (G3) and mixed (G4). Participants answered the PSOCQ questionnaires to assess readiness for change covering four subscales (Precontemplation, Contemplation, Action and Maintenance), the score obtained is through a 5-point Likert scale, which ranges from "completely disagree" to "completely agree", and is calculated by averaging the responses, ranging from 1 to 5, Central Sensitization Inventory (CSI) 25 items and Pain Detect Questionnaire. For statistical analysis, one-way analysis of variance (ANOVA) was performed, followed by LSD post-hoc test ($p < 0.05$).

Results: A total of 150 participants, G1= 48, G2= 59, G3= 8, G4= 35 (97 women and 53 men with mean, standard deviation [SD] age of

41.07, SD = 11.55 years; mean weight of 76.70, SD = 16.75 kg and height of 1.67, SD = 0.09 m) were recruited for this study. The ANOVA revealed a significant difference in the scores of the PSOCQ between pain phenotypes only for the Pre-contemplation domain ($F(3, 146) = 2.89, p = 0.037$). The neuropathic (mean[M] = 3.07) showed significant higher scores for the pre-contemplation domain of the PSOCQ when compared to nociceptive ($M = 2.45, p = 0.02$) and nociplastic subgroups ($M = 2.55, p = 0.04$). In addition, the mixed group ($M = 2.77$) also showed higher score for pre-contemplation domain than the nociceptive group ($M = 2.45, p = 0.03$).

Conclusion: The results suggest readiness for change is influenced for pain phenotypes particularly for the Precontemplation stage. Patients with neuropathic pain and mixed pain phenotypes showed less readiness to change beliefs than patients which pain is classified as nociceptive.

Implications: Understanding differences in readiness for change between pain phenotypes can assist physical therapists in adjusting their therapeutic methods. Patients with nociceptive pain profiles appear more willing to participate in active treatments such as exercise, where modifying lifestyle is part of the therapy. We encourage physical therapists to categorize patients based on their pain phenotype profiles.

Keywords: Low back pain, Transtheoretical Model, Pain Management

Conflict of interest: The authors declare no conflict of interest.

Funding: This work was supported by the State of São Paulo Research Foundation – FAPESP (process number 2023/14156-4).

Ethics committee approval: No. 6.578.028.

Registration: Not applicable.

<https://doi.org/10.1016/j.bjpt.2025.101454>

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EFFECT OF PHOTOBIMODULATION ON MYOFASCIAL PAIN IN THE TRAPEZIUS: A RANDOMIZED, DOUBLE-BLIND CONTROLLED TRIAL

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Background: Myofascial pain syndrome is characterized by trigger points (TPs), which cause pain in muscles and fasciae. Low-Level Laser Therapy (LLLT) has shown potential in treating TPs, contributing to pain reduction and the inflammatory process. However, inhibitory doses remain underexplored for this condition. TP formation is associated with a knot in the muscle fiber, leading to local vasoconstriction, but it may also contain inflammatory mediators. This creates a challenge in thermographic characterization, as a TP may present as either a colder region, due to vasoconstriction, or a warmer one, due to inflammation.

Objectives: To assess whether a dosage of 16J of 808nm LLLT induces changes in pain and skin temperature in individuals with TPs in the trapezius.

Methods: This is a double-blind, sham-controlled, randomized clinical trial with 52 volunteers of both sexes (= 18 years old) experiencing spontaneous trapezius pain for over three months and diagnosed with TPs. Sixty participants will be randomly assigned to two equal