

# Digital technologies for managing non-specific low back pain: early value assessment

Information for the public

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NICE has said that the following 5 digital technologies can be used in the NHS to manage non-specific low back pain in people 16 years and over:

- getUBetter
- Hinge Health
- Kaia
- Pathway through Pain
- SelfBack.

These technologies can be used once they have appropriate approval and meet the standards within NHS England's Digital Technology Assessment Criteria (DTAC).

The NHS is collecting more evidence for these technologies. You might be asked if details of your treatment can be collected as evidence. You can ask your healthcare professional for more information about how your information will be stored and used.

NICE has said that the following 5 digital technologies are available for managing non-specific low back pain in people 16 years and over taking part in a research study:

- Ascenti Reach
- Digital Therapist
- Flok Health
- Phio Engage
- Joint Academy.

Non-specific low back pain is common. Standard care varies widely across the NHS and there can be waiting lists for some treatments. Clinical evidence suggests that digital technologies for managing non-specific low back pain may reduce pain and improve the ability to function in everyday life. Also, they could provide access to rapid advice and offer another treatment option. They will particularly benefit anyone who needs more flexible access to treatment, or prefers digital to face-to-face treatment.

## Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

## Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?
- How will my information be used, if it is collected?

## Information and support

The [NHS webpage on back pain](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Arthritis Action](#), 020 3781 7120
- [Versus Arthritis](#), 0800 5200 520
- [Brain and Spine Foundation](#), 0808 808 1000
- [Pain Concern](#), 0300 123 0789

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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