



# **CALLING ALL PHYSIOTHERAPY CLINICS THAT SEE PATIENTS WITH MUSCULOSKELETAL ROAD TRAFFIC INJURIES** (e.g. non-catastrophic neck and back injuries)

**Join our MRFF funded PICOT trial - Implementing integrated psychological and physical care for Australians after road traffic injury, led by Prof Michele Sterling at UQ**



## **What is the trial about?**

- The PICOT trial aims to evaluate two implementation strategies to improve the uptake of an evidence-based, integrated psychological and exercise intervention (StressModex) for acute whiplash injury amongst Australian physiotherapists.
- The trial will primarily measure the implementation of the StressModex intervention but will also collect patient outcomes.



## **What is involved?**

Eligible physiotherapy clinics will be randomly assigned to the following two groups:



**PICOT:** 6-week online learning modules + zoom sessions  
(Physiotherapists blopsyChosocial On-line Training)



2-day **in-person** training workshops

Both groups will be trained by a clinical psychologist and expert physiotherapist



**All costs are covered!**



**Training is planned to commence in mid-2024**