Supplementary materials

Supplementary Material 2. Clinical context added to the questions

Knowing this about me, Patient Identification,
Age, 64 years
Gender, Female
Medical history,
The patient has been suffering from chronic low back pain for approximately 7 years.
She has moderate obesity and a rather sedentary lifestyle.
She has a history of hypertension (HTN) and dyslipidemia (DLP), both controlled by medications.
According to her family doctor, the pain is caused by osteoarthritis.
The pain is primarily localized in the lower lumbar region.
The patient describes a constant pain of moderate intensity, with episodes of acute pain.
She notes worsening of the pain during flexion and extension movements and partial relief when at rest.
The patient also experiences knee pain when walking for more than 30 minutes.
Employment and Daily Activities,

The patient works in an office, where she spends long hours sitting.
She has limited physical activity outside of work. She walks 1 to 2 times a week for 20 minutes.
Current Treatment,

Medications, Tylenol for pain as needed, Voltaren, as well as medications for hypertension (Ramipril 5 mg PO daily) and dyslipidemia (Atorvastatin 40 mg PO daily).
She has previously tried osteopathy sessions with temporary relief. Answer the question now,

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