



partners4pain.org



The Partners4Pain Research Project

Working with communities to make pain management accessible



UNIVERSITY
OF MINNESOTA

Integrative Health & Wellbeing Research Program



Why does back pain matter?

Most people don't realize how much back pain impacts individuals and communities. Did you know...

- It's one of most common types of pain?
- It's one of the main reasons for needing medications, including opioids?
- It causes a lot of suffering and is one of the most disabling conditions in the world?



Social factors & Pain

People who experience social and economic hardships are more impacted by back pain.

- People from racial and ethnic minority groups are more likely to experience greater disability.
- They are less likely to get the care they need for their pain.
- Unfortunately, they also are often left out of research. This means that new treatments may be less helpful for them because their needs weren't considered.



What can you do to help?

One of the ways to make pain care more accessible is to partner with diverse communities to learn and innovate together. Community engaged research, like the Partners4Pain Project, is one way to do this.

Even if you don't have pain, there are ways for you to contribute. Contact us to learn more or visit us at [Partners4Pain.org](https://partners4pain.org).

Who can participate?

If you answer yes to the following questions you may be eligible to participate in Partners4Pain research.

- 18 years of age or older
- Have back or neck pain (or both) for at least 3 months
- Are a member of a racial or ethnic minority group (for example, American Indian, Alaska Native, Asian, Black, Hispanic/Latino, Native Hawaiian/Pacific Islander) OR have a household income of less than \$50,000/year



Want to Join A Study?

We are doing a study (Zoom or in-person) that looks at two types of pain education programs at no cost. Sessions are 90 minutes and take place weekly for 9 weeks. Compensation is provided.

These programs are done in groups. The sessions include:

- Watching videos about different pain and health topics.
- Learning and practicing ways to manage your pain and wellbeing.
- Having discussions with others about challenges and ways to overcome them.

All participants get a workbook and access to videos and a website.

About Our Team

We are a team of researchers, health care providers, community members and leaders from different backgrounds.

We are united in our commitment to learn more about what people with pain need, especially those who have faced barriers to care. We look forward to listening and working with communities to create safe, effective and accessible pain programs.

Scan the QR code to learn more or visit us at Partners4Pain.org.



We are grateful to be working with community partner organizations who are committed to addressing health disparities.



Supported by the National Center for Complementary and Integrative Health through the National Institutes of Health's Helping to End Addiction in the Long-term (HEAL) initiative (R33AT012309).



Want to learn more?

We are excited to hear from you!



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www.partners4pain.org



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Upcoming dates...

Join A Study

Now Enrolling!

January - March 2026

Programs offered on Zoom

April - June 2026

Programs offered on Zoom or in-person

Community Events

Ongoing

Visit **Events** at Partners4Pain.org