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ABSTRACT

**Early identification of the acutely injured patient at risk of transitioning to chronic pain or disability** has become recognized as a priority area of research in musculoskeletal (MSK) health.  One of the most consistent predictors of chronic problems are strong negative cognitions about pain and early post-traumatic distress.  The Traumatic Injuries Distress Scale (TIDS) has been designed from the ground up with specific focus on the acutely injured person.  It is intended as a region-agnostic tool, applicable to a variety of non-catastrophic MSK injuries such as whiplash-associated disorder, low back injuries, slips and falls, sporting injuries and related trauma, many of which chow 20-60% rates of chronicity.  The TIDS has demonstrated 3 meaningful subscales in initial testing: Negative Affect, Uncontrolled Pain, and Intrusion/Hyperarousal.  Each of these subscales appears to be able to predict specific meaningful outcomes such as ongoing pain, disability, depression, or anxiety.  The purpose of this study is to further evaluate these properties in an independent cohort by capturing TIDS scores within 3 weeks of MSK injury and following patient recovery through 6 months.  Meaningful cut-scores on will be established for each subscale, giving clinicians not only an estimate of the level of risk for each patient, but will address two additional critical questions that are generally lacking in existing evidence: At risk of what?  And why?  Through this work, clinicians can use the TIDS as part of their clinical decision making process, allowing more targeted early intervention with the goal of reducing or mitigating the burden of chronic problems.  A secondary purpose is to translate the TIDS, already available in English and French-Canadian, into Spanish to further extend the utility of the tool.

**Dave Walton PT PhD** is an Associate Professor with the School of Physical Therapy at Western University, an Associate Scientist with the Lawson Health Research Centre, and Director of the Pain and Quality of Life Integrative Research Lab ([www.pirlresearch.com](http://www.pirlresearch.com)).  With over 50 peer-reviewed scientific publications, 4 book chapters, and several national and international conference presentations, Dave has become recognized for his rigorous and impactful clinical research most notably in the fields of pain assessment and the acute-to-chronic pain transition.  He is also active in professional advocacy, and holds executive or editorial roles with the International Association for the Study of Pain's Education Special Interest Group, the scientific journals *Manual Therapy* and the *Journal of Orthopaedic and Sports Physical Therapy*, and the Pain Science Division of the Canadian Physiotherapy Association.  He has been awarded for his research, teaching and mentorship by his peers.