

MANAGING LOW BACK PAIN

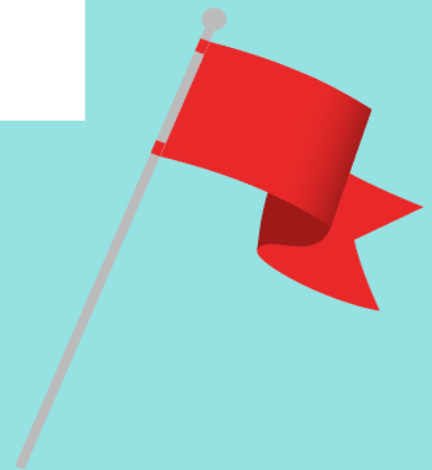


Sutton Community Musculoskeletal
Physiotherapy team

EXCLUDE RED FLAGS

Use Red Flag guidance document

Before referring to Sutton Community Musculoskeletal services all patients should be questioned regarding red flag pathology and managed in accordance with our red flag guidance.



DON'T PROMISE SCANS

Clinical assessment will guide this

The Musculoskeletal physiotherapy team will assess the patient and arrange investigations as clinically indicated in



ACTIVE MANAGEMENT

Starting from initial assessment

Will include exercises including stretches, strengthening exercises, specific advice and education.

Patient's active engagement in their treatment is essential.



SUPERVISION PROCESS

Those not responding to treatment are noticed

Within the Sutton Community Musculoskeletal service comprehensive escalation process for those not improving as predicted.

Onward referral for other management options can be facilitated.



TREAT THE PERSON NOT THE PICTURE

Imaging doesn't always correlate with the person in front of you

Non-relevant findings on imaging can cause patient distress and reduce their engagement in helpful active treatment.

