

# ADULT SPINE PAIN GUIDELINE

## Treatment Phases

### PHASE I

1-3 wks

### PHASE II

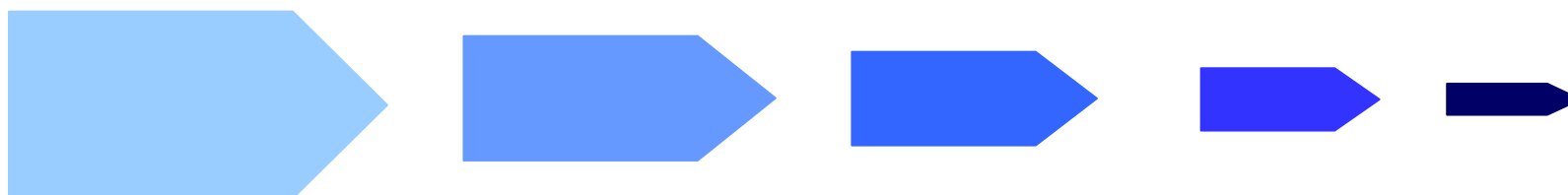
2-6 wks

### PHASE III

6-8 wks

Spine  
Surgeon  
Consult

- Surgery
- Injection
- Imaging



## Goals

### Add P.T., Chiro, Massage

- History & exam to R/O red flags (click here to link to forms)
- Pain control
- Gentle activity
- Discussion of our approach to spine pain (click here to link to information about managing adult spinal pain)
- Give fact sheets on spinal pain and exercises (click here to link to patient education)
- Assist pain control
- Reassess for red flags
- Increase activity
- Educate about spine pain & treatment (click here to link to patient education)

### Refer for intensive rehab at PNBC (AMC partner)

- Improve function
- Decrease symptoms
- Avoid non-helpful tests, procedures & treatments which do not alter long term prognosis (click here to link to imaging guidelines)
- Decrease dependence on medical system

- 1° care
- Follow & monitor

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(Click here to link to Historical Red Flags/Exam Red Flags, Lumbar Spine X-ray (AP and LAT) indications, and Spine Imaging Guidelines.

