

ADULT SPINE PAIN STANDING ORDERS

PHASE I 1-3 wks	MEDICATIONS	Generic NSAIDs (Acetaminophen)
		Muscle relaxants
		Narcotics - <i>For severe pain, approximately 2 weeks duration</i>
		Non-generic NSAIDs - <i>Only after evaluation of generic NSAIDs</i>
	PATIENT EDUCATION	Choose handouts (see patient education section)
		Activity Instruction, Walking, Swimming

PHASE II 2-5 wks	PHYSICAL THERAPY, CHIROPRACTIC, MASSAGE	Fitness evaluation
		Flexibility
		Strength training
		Pain control, modalities
		Instruction
		<i>Completed in 8 visits or less</i>
		Functional goals met

PHASE III 6-8 wks	REFERRAL	Plain lumbar or cervical spine films (see Spine Imaging Guideline)
		Intensive rehabilitation at Physicians Neck & Back Clinic (AMC partner)
		Spine Surgeon: _____
		Epidural injection
		<i>In network:</i> _____
		Other: _____
		<i>In network:</i> _____
	<i>Out of network:</i> _____	
	SPINE IMAGING Usually ordered after referral treatment in Phase III	Advanced spine imaging needed only after 6-8 wks, 8 wks if W/C (see Spine Imaging Guideline) CT, MRI, bone scan

PROVIDER SIGNATURE: _____

DATE: _____

DISCLAIMER: If red flags are present, imaging and referrals are acceptable at anytime