

Quality statement **4** Provide patient education and advice



ADVISE patients about the:

- positive natural history of low back pain and the low risk of serious underlying disease
- importance of engaging in relaxed, graded movement and activity, return to work and social activities
- importance of good sleep habits and stress management where relevant.



EXPLAIN that a specific diagnosis is not possible for most low back pain due to the many interacting factors that influence the pain experience. The low back has multiple structures that can become pain sensitive and can be difficult to isolate. Inform patients:

- that movement will not cause harm
- that over-protecting the back may be detrimental
- that heat packs may provide short-term pain relief as an adjunct to active management
- about the potential benefits, risks and costs of any treatment strategies being considered.



PROVIDE written explanations and tailored educational resources (including links to websites) to reinforce key messages and repeat at subsequent visits.



The Low Back Pain Clinical Care Standard was developed by the Australian Commission on Safety and Quality in Health Care.

**AUSTRALIAN
COMMISSION
ON SAFETY AND
QUALITY IN
HEALTH CARE**

The Australian Physiotherapy Association endorses the Low Back Pain Clinical Care Standard



The Low Back Pain Clinical Care Standard and supporting resources are available at safetyandquality.gov.au/lowbackpain-ccs

For more information about what the Low Back Pain Clinical Care Standard means for physiotherapists, visit australian.physio/inmotion/low-back-pain-standard-opportunity-physios