

## Quality statement **5** Encourage self-management and physical activity



### ADVISE that:

- it is important to maintain or gradually return to normal activities including normal spinal movement, physical activity, a graded return to work and/or meaningful activities
- prolonged bed rest delays recovery and should be discouraged.



### SUPPORT patients to self-manage their symptoms by:

- prioritising active management strategies over passive strategies, guided by the evidence base
- mapping out a plan to help the patient engage in graded movement and activity, return to work and social activities
- gradually increasing activity levels based on their preference, using time-contingent pacing
- setting SMART goals.



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](https://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](https://australian.physio/inmotion/low-back-pain-standard-opportunity-physios)