Low Back Pain Clinical Care Standard: Quick guide for physiotherapists

Quality statement 5 Encourage self-management and physical activity

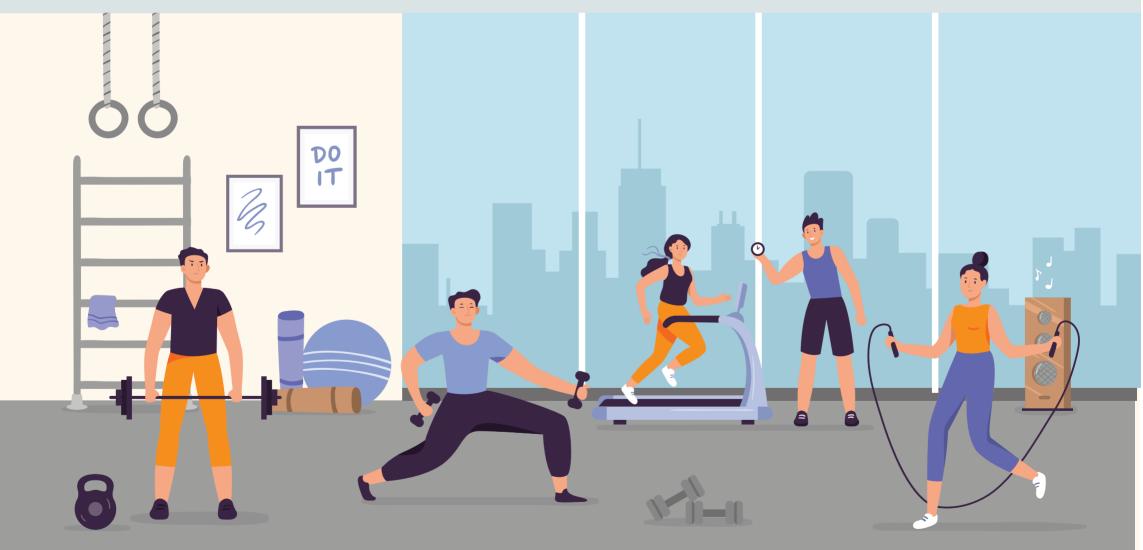


ADVISE that:

- 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 SAFETYAND QUALITYIN 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-standardopportunity-physios