

Quality statement **6** Offer physical and/or psychological interventions



ADVISE that:

- active coping strategies optimising physical and psychological health can enhance recovery
- for most people, additional therapies are not necessary as the pain will improve naturally by following advice
- hands-on therapies may be offered as an adjunct to facilitate symptom management.

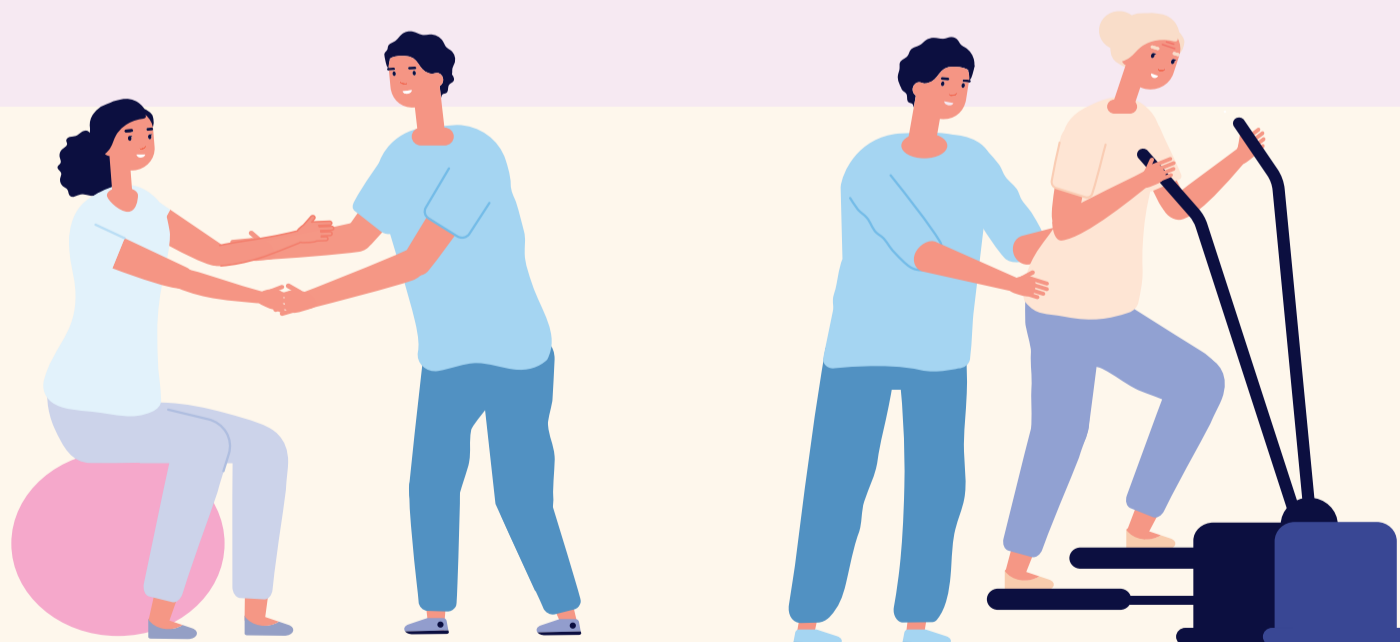


PROVIDE patient-specific reassurance, guidance on self-management and advice to stay active. This may include:

- personalised education to help the patient understand their pain condition and develop a positive mindset about it
- a program of regular graded exercise therapy and physical activity to relieve pain and build confidence to re-engage with normal movement and activities in line with their goals
- the promotion of healthy sleep habits and relaxation techniques
- a plan for social engagement and return to work
- time-limited manual therapy, which may provide short-term pain relief as an adjunct to active management
- resources including patient stories.



REFER to GP for review and pain management when severe pain results in acute distress and significant activity limitation.



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