

Quality statement 7 ↻ Use pain medicines judiciously

Physiotherapists generally cannot provide patients with specific advice on pain medication.



REFER to a GP for pain management if the patient's level of pain is severe, distressing or a barrier to functional recovery. Seek advice from the GP or community pharmacist if you are concerned about the regimen of medicines the patient is taking.



ADVISE that the goal of pain medicines is to reduce pain to support the continuation of usual activities, including physical activity and work, rather than to eliminate pain completely.



PROVIDE information about how pain medicines may be combined with physical activity and self-management strategies to help improve function and mobility.



COMMUNICATE with the GP:

- how physiotherapy care can support active management and clear goals to stop medication
- if you are concerned about medication side effects, abuse or overdose.



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