

Back Pain – The Big Picture.....

Functional Restoration Programme

Referral Guidelines

Yes to; > 3 months of spinal pain & repeated episodes of spinal pain.

No to; *Un-investigated red flags, (see below*), fibromyalgia and non-fluent English speakers.*

Back Pain - The Big Picture

5 Washington Street

Brighton, East Sussex BN2 9SR

E-mail: backpainthebigpicture@mail.com

Website www.backpainbigpicture.co.uk

Patients Name:

DOB:

Address:

Tel No:

Referral Source:

Referral Date:

Diagnosis?

Investigations/Results:

Relevant PMH:

Any other information:

*Memory jogger**

RED FLAGS (A&E)

Difficulty with micturation

Loss of anal sphincter tone/ faecal incontinence

Saddle anaesthesia

Gait disturbance

RED FLAGS (possible serious spinal pathology)

<20>55 years old

Violent trauma

Constant, progressive non-mechanical pain

Thoracic pain

PMH of Carcinoma

Systemic steroid use

Drug abuse/ HIV

Systemically unwell

Weight loss

Widespread neurology

Structural deformity

Night pain

Extensor plantar response

Persistent severe restriction of lumbar flexion