

Musculoskeletal Treatment Guideline

ORTHOPAEDIC BACK SPINAL TREATMENT GUIDELINE

Primary Care	Dorset Musculoskeletal Interface Clinic	Referral to Secondary care
<p>Patient presents with spinal disorder to GP Clinical judgement Acute or Chronic</p> <p>First line management ie</p> <ul style="list-style-type: none"> Analgesia / NSAID/ Muscle relaxant The Back book Physiotherapy / osteopathy/ chiropractor <p>Referral to acute back treatment service</p> <ul style="list-style-type: none"> Age 18 – 65 with 1st or 2nd episode of acute LBP with or without referred pain to the leg No improvement with above measures after 2 /52 <p>Referral to Interface Service</p> <ul style="list-style-type: none"> Back / neck problem with or without referred pain not managed by physical therapy Symptoms of spinal stenosis <p>Referral to Orthopaedic Consultant ie.</p> <ul style="list-style-type: none"> Red flags Cauda equina symptoms Signs of cervical myelopathy Infection / tumours <p>Referral to Chronic Pain Service</p> <ul style="list-style-type: none"> Patients who have had pain for longer than 3 months No treatable cause found from appropriate investigations Have had physiotherapy / acupuncture Complied with a course (min2/52) of anti-neuropathic medication 	<p>Provides treatment modalities and expert orthopaedic assessment and advice on best management and treatment options</p> <p>Long standing spinal problems</p> <ul style="list-style-type: none"> Explanation & advice on self management / lifestyle modifications and supportive leaflets Caudal epidurals spinal mobilisation with instruction on self mobilisation technique condition specific exercises spinal manipulation – if appropriate further investigation (ie MRI, X-ray, NCS) to establish best management when dg not clear <p>Acute back treatment service</p> <ul style="list-style-type: none"> manual therapy caudal epidurals review clinics for non-responders to above treatments for appropriate investigation or onward referral (sub- acute services or secondary care) – referrals accepted only from Acute back service Practitioners 	<p>As per referrals to Consultants</p> <p>Consideration for surgery</p> <p>Spinal Specialist expert opinion</p> <p>Investigation prior to referral Plain X-ray MRI scan</p> <p>Chronic Pain Service For patients with pain over 3 months duration, when appropriate investigations have already been provided.</p>