

Evaluating Response to Treatment

Pain Improves

- Reduce pain medication
- Reinforce appropriate activity/exercise
- Increase exercise /return to activities
- Follow-up at patient's discretion

Pain Unchanged

- Re-assessment: Flags & Pattern
- **Review Activity/Exercise:**
Technique/ Dose
Pain Aggravation
Schedule recovery
- Review Medication: Dosing/
Consistency/ Side Effects
- Consider Rehab referral
- Follow-up in **3-7 days** to determine response

Pain Worsens

- Re-assessment: Flags & Pattern (Evolving or Combination)
- Consider imaging/referral
Yellow Flags - ? CBT
- **Review Activity/Exercise:**
 - **Technique/ Dose**
 - **Pain Aggravation**
 - **Schedule recovery**
- Consider Non-Mechanical Low Back pain diagnosis
- If above is negative, refer to Unchanged column
- Follow-up in **3-7 days** to determine response