

Patient Name: _____

Pain Reduction Tool - Low Back Pain

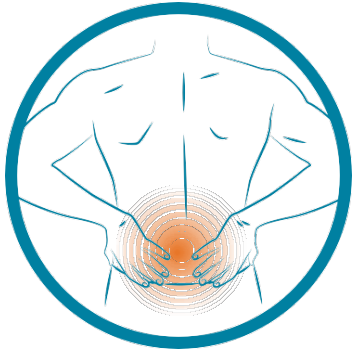
Massage Therapist Name: _____

Contact Number: _____

Email: _____

Fax Number: _____

Introduction



This resource is a quick guide of how your Registered Massage Therapist (RMT) can help you. This tool can be shared with your primary care practitioner (PCP) and will help coordinate care in your health care circle.

Best clinical practices by the Centre for Effective Practice, suggest that treatment for MSK pain should begin with patient education and exercise. For low back pain, current clinical practice guidelines also recommend: manual therapy, spinal manipulative therapy and myofascial therapy depending on your condition. Below is an overview of education materials I have included as well as your assessment and treatment plan.

- The nature of your symptoms
- Your treatment plan
- A step-by-step plan for return to work and daily activities as your ability increases
- The importance of the patient's active engagement in care, including self-monitoring of symptoms, identifying causes of pain exacerbation, relaxation techniques and modification of negative self-talk
- The delineation between hurt and harm

Assessment	Treatment Plan	PCP Collaboration
Important Findings: <hr/>	Estimated length of treatment: <hr/>	Frequency of update from RMT: <hr/>
Current Pain Scale: <hr/>	Estimated number of visits: <hr/>	Recommended further testing and imaging (if any): <hr/>
Red/Yellow Flags (if any): <input type="checkbox"/> None at this time	Treatment Methods: <hr/>	Recommended Referrals (if any): <input type="checkbox"/> None at this time
Conditions: <hr/>	Goal Pain Scale: <hr/>	PCP Name: <hr/>
Additional notes: <hr/>	Additional notes: <hr/>	Contact Number: <hr/>
		Email: <hr/>
		Fax Number: <hr/>

For more information on best clinical practices as suggested by the Centre for Effective Practice, please visit <https://cep.health/clinical-products/manual-therapy/>.