

## 14a. Back Pain Physical Interventions

Depending on the patient's needs and preferences, the following are options for patient's self-management or referral:

| <b>Self-management</b>            |   |
|-----------------------------------|---|
| All patients                      | Patient information leaflet on mood and activity:<br><a href="#">Chronic Pain Self-care Guide</a>   |
| Patients with work-related issues | Patient information leaflets:<br><a href="#">Exercises for office workers with back pain</a><br><a href="#">Exercises for back pain</a><br><a href="#">Office furniture for back pain</a> |
| Patients with back pain           | <a href="#">Moving Therapy</a> (website, CCC endorsed)  |
| <b>Referrals</b>                  |   |
| Patients with back or neck pain   | Physiotherapy   |
| Patients with back pain           | Structured exercise programme   |