

## INITIAL MANAGEMENT

**Advise, Reassurance, Self-management,  
Return to work, and encouraging activity**

### STEPPED APPROACH

**Stratify by symptom duration:  
acute, subacute and chronic**

**Acute/subacute (< 12 weeks)**

**Superficial heat**  
**Massage**  
**Spinal manipulation**  
**Acupuncture**

**Chronic (> 12 weeks)**

**Structured Exercises**  
**Spinal manipulation**  
**Psychological therapies**  
(cognitive behaviour therapy, mindfulness)

### RISK STRATIFICATION APPROACH

**StarT Back, Orebro Musculoskeletal  
Pain Screening Questionnaire or  
PICKUP**

**Low risk:**  
**simpler and less intensive support**  
**Manual therapy** (spinal manipulation,  
massage)  
**Group exercises**

**Medium/high risk:**  
**more complex and intensive support**

**Structured exercises**  
**Psychological therapies** (cognitive behaviour  
therapy, mindfulness)  
**Multidisciplinary treatment** (combining  
physical and psychological therapies)

# Management Of Low Back Pain

**Katrin Zwirgmaier**



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