

**COMMUNITY OUTPATIENTS PHYSIOTHERAPY**  
**SPINAL REHABILITATION REFERRAL FORM**

**Aims of Spinal Rehabilitation**

The spinal rehabilitation group is an 8 week course designed to improve the management of back pain through:

- Improving the patients' knowledge and understanding of low back pain in terms of anatomy and pathology.
- Importance of pacing levels of activity
- Understanding of their triggers and how to settle acute symptoms
- A structured exercise program, incorporating core stability, flexibility and cardiovascular exercise.
- Realistic goal setting for activity and exercise.

The program is designed for management of low back pain, this must be explained and understood by the patient prior to commencing the program.

<b><u>PATIENT DETAILS</u></b>		<b>Date of referral:</b>	
<b>Name</b>		<b>DOB</b>	
<b>Address</b>		<b>GP/Consultant</b>	
		<b>Telephone no</b>	
		<b>NHS Number</b>	
		<b>Referring Physio</b>	
<b>Diagnosis</b>			
<b>HPC</b>			
<b>Past Medical History</b>			
<b>Drug History</b>			
<b>Social History</b>			

<b><u>EXCLUSION CRITERIA</u></b>	Yes	No
Bladder/bowel disturbance indicative of Cauda Equina		
Inflammatory arthropathy RA, AS		
Metabolic bone disease e.g. Osteoporosis		
Indications of serious pathology such as fracture, infection or tumour (unless previously investigated)		
Symptoms of moderate or severe spinal stenosis or myelopathy		
Multiple joint pathology e.g. OA or RA – which could limit participation		
Comorbidities e.g. unstable angina, COPD, CVA – which could limit participation		
Significant neurological weakness e.g. nerve root compression, myelopathy or neurological disease		
Pregnancy		
Patients poor pain control or psychogenic pain		
Post operative patients – to have completed post op protocols		
Under 18 years of age		
<b><u>EXERCISE – Prerequisites</u></b>		
Pelvic tilt – sitting, crook lying		
Neutral spine		
Transversus abdominus		