

## Musculoskeletal Rehabilitation

Provides multidisciplinary assessment and management of acute and chronic musculoskeletal conditions such as;

- Chronic Back /sciatica type pain
- Joint pain
- Neck and spinal pain
- Sporting injuries
- Soft tissue injuries (tendons and ligaments)

### Information Required

- Name referrals if specific consultant is required
- History and severity/ duration of symptoms
- Previous interventions
- Co-morbidities
- Impact on function and employment
- Need for interpreter
- Current medications

### Investigations Required

- Relevant imaging and pathology
- Previous specialist reports / letters

### Fax Referrals to

- 4<sup>th</sup> Generation Outpatient Clinics, Flinders Medical Centre Fax: (08) 8404 2263

### Red Flags

- 🚩 Associated bladder and/or bowel involvement with back pain
- 🚩 Recent significant weight loss
- 🚩 Recent significant functional deterioration effecting independence and work

### Suggested GP Management

- Trial of appropriate analgesics for pain
- Physiotherapy assessment
- Lifestyle modifications

### Clinical Resources

Non-invasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians 2017  
<http://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice>

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

Version	Date from	Date to	Amendment
2.0	November 2017	November 2019	Updated contact and location details for service, updated clinical resources and information required
1.0	September 2016	September 2018	Version 1, Original September 2014