

- If Opioids are prescribed, remind your patients **to take the medications as prescribed** and to **not share** their medications with others
- Discuss how to **safely store** and **[dispose of medications](#)**.
- Talk to your patients about the importance of **staying active**. Patients without red-flag symptoms may continue their usual, low-impact activities, adjusting the activity as needed based on pain.
- Consider sharing tools that your patients may use at home, such as **Common Questions about Low Back Pain**. Visit **[\[Australian Commission on Safety and Quality Health Care \(ACSQHC\)\]](#)** to help guide your discussion.

How to Communicate with Your Patient

Patients experiencing acute pain may feel anxious, frustrated, or uncertain. Clear, supportive communication may help build trust, improve understanding, and support shared decision-making.

- Patient-centered communication may include the use of clear language, confirmation of understanding, and opportunities for patients to discuss questions, concerns, and individual perspectives on pain.

Reinforcing Reassurance and Trust

A few consistent messages can go a long way.

- “Pain fades. Progress happens week by week.”
- “You can feel pain and still be safe to move.”
- “Rest less, recover faster.”
- “Start simple. Progress steadily.”
- “Better movement beats early imaging”.
- “Motion is medicine.”

Finally, review the Physician Toolkit for Acute Low Back Pain Guidelines {Insert Link when Toolkit is approved}. Tools are available for you and your patients experiencing Acute Low Back Pain.

