

PATIENT RESOURCES TABLE

Staying Active for Acute Low Back Pain	Royal Australian College of General Practitioners (RACGP)	https://www.racgp.org.au/clinical-resources/clinical-guidelines/handi/patient-resources/managing-back-pain/staying-active-for-acute-low-back-pain
Exercise for Ongoing Low Back Pain		https://www.racgp.org.au/clinical-resources/clinical-guidelines/handi/patient-resources/musculoskeletal/exercise-for-ongoing-low-back-pain
Patient Summary: Clinical Practice Guideline on Diagnosis and Treatment of Low Back Pain	Department of Veterans Affairs/Department of Defense (VA/DOD)	https://www.healthquality.va.gov/guidelines/Pain/lbp/VADODLBPCPGPatientSummaryFinal508.pdf
Patient Education Booklet on Managing Low Back Pain: Clinical Practice Guideline on Diagnosis and Treatment of Low Back Pain		https://www.healthquality.va.gov/guidelines/Pain/lbp/ManagingLBPBookletFinal222Aug2022508c.pdf
Common Questions About Low Back Pain	Australian Commission on Safety and Quality in Health Care (ACSQHC)	https://www.safetyandquality.gov.au/publications-and-resources/resource-library/common-questions-about-low-back-pain-information-patients
Back Pain Information Page	National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)	https://www.niams.nih.gov/Health_Info/Back_Pain/default.asp
Low Back Pain: Home Exercises (video)	UC San Diego Health	https://www.youtube.com/watch?v=5Wlhkuyakok
Breath to Relax	Defense Health Agency	https://mobile.health.mil/Apps/Native-Apps/Breathe2Relax

CLINICIAN TOOL: Patient Discussion Guide

Acute Low Back Pain Treatment



Health and Wellness Meditation ¹	UCLA Health	https://www.uclahealth.org/uclamindful/health-and-wellness-meditations
Guided Meditations ²		https://www.uclahealth.org/uclamindful/guided-meditations
Mindfulness-Based Stress Reduction	Palouse Mindfulness	Online MBSR/Mindfulness (Free)
Low Back Pain	World Health Organization	Low back pain
Back Pain – How to treat your low back pain and/or sciatica (video)	Northwest Permanente	https://youtu.be/WTWbnlZ5-XU?si=6vJSTPsP1pY9t_6m
Self-care apps for your everyday life	Kaiser Permanente	Digital Self-Care Tools for Mental Health Kaiser Permanente
Back Pain – Patient Instructions (available in multiple languages)		Digital Self-Care Tools for Mental Health Kaiser Permanente
Back Pain: Urgent Symptoms - Patient Instructions (English & Spanish)		Back Pain: Urgent Symptoms - Patient Instructions NATL Clinical Library
Low Back Pain: Exercises - Patient Instructions (available in multiple languages)		Low Back Pain: Exercises - Patient Instructions NATL Clinical Library
Back Pain: Relief: General Info - Patient Instructions (English & Spanish)		Back Pain: Relief: General Info - Patient Instructions NATL Clinical Library
Lumbar Pain: Getting Back to Normal - Patient Instructions (English & Spanish)		Lumbar Pain: Getting Back to Normal - Patient Instructions NATL Clinical Library

The expert panel encourages clinicians to help patients access reliable resources and self-management guides. This includes directing patients to trustworthy information about acute back pain from reputable, scientifically monitored sources that are regularly updated to reflect the latest evidence, culturally appropriate, and suitable for patients' literacy levels. Clinicians should also ensure that patients have access to hospital and practice-based resources that provide information on acute pain and acute low back pain, including digital health platforms designed for patients.

1. "Health & Wellness Meditations" created by Diana Winston and others (see above) for the UCLA Mindful, ©2011-2024 The Regents of the University of California (The UC Regents).

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