



## ACUTE LOW BACK PAIN CLINIC

The Spine Center and Outpatient Physical Therapy at Beth Israel Deaconess Medical Center are working together to provide an acute low back pain clinic. The clinic supports the management of patients with acute (less than 1 month) non-specific back pain.

First, a physiatrist will thoroughly evaluate each patient and provide treatment, if necessary. The patient returns to our clinic 48 hours later to be evaluated by a physical therapist. A comprehensive treatment plan is created.

For urgent care, a physiatrist, along with a physical therapist, will evaluate patients in a tandem visit that same day. Patients will return for a follow-up visit based on the recommendations of the treatment team, if needed. Our assessment and treatment approach will be consistent with the care outlined in the [Spinal Care Pathways](#).

We know that many episodes of acute back pain will resolve in 4-6 weeks, although there are some patients with other psychosocial risk factors, or who are unable to continue with their usual activities despite initial advice and reassurance from their PCP. The Acute Back Pain clinic provider team will reinforce the initial advice, and give patients additional specific strategies, such as ergonomic changes, adaptations to their specific movements, or supportive exercises.

Our goal is to provide the right type of support a patient needs at the initial onset of acute back pain. During this early stage imaging tests (X-rays, MRIs, CT scans) are not recommended. We partner collaboratively with you to clearly communicate this approach to patients. We effectively support patients to carry on with normal activities as much as possible. Finally, our care team is committed to relieving pain symptoms and preventing the progression to chronic back pain.

Patients whose symptoms persist after 4-6 weeks might need a course of physical therapy treatment as outlined in [Spinal Care Pathways](#).