



Back Pain
A Sports Medicine Approach

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Back Pain
What's the Secret?




Back Pain

What is that Sports Medicine
Professionals do that defines them as
different or having special skills?



Back Pain

Is this applied to everyday practice
especially in the compensable
setting?



Back Pain

'Clinical Justification'

- ◆ What is it?
- ◆ How do we do it?



Back Pain

The Private Patient

Back Pain


The Sporting Organisation

- ✦ Player
- ✦ Coach
- ✦ Administrator



Back Pain

The Third Party



Back Pain

Clinical Justification

1. Monitoring
2. Measuring
3. Recording
4. Reporting



Back Pain

- ✦ Objective Outcome Measures
 - Oswestry
 - Neck Disability Index (NDI)
 - Quebec Disability
 - Lower extremity Functional Scale (LEFS)
 - Shoulder Pain and Disability Scale (SPADI)
 - Knee Osteoarthritis Outcome Score (KOOS)
- And others




Back Pain

✦ Where to find them?

www.tac.vic.gov.au



Back Pain



Back Pain

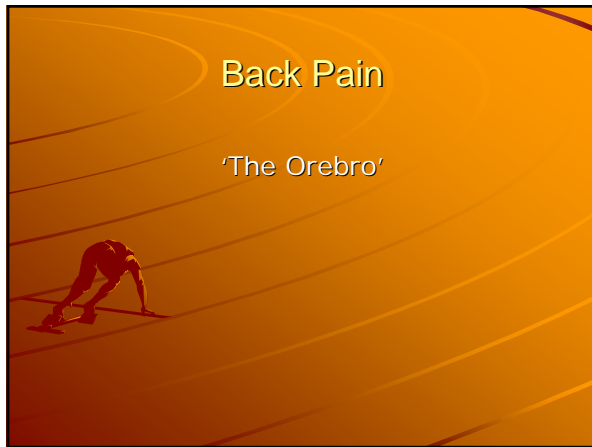


Back Pain



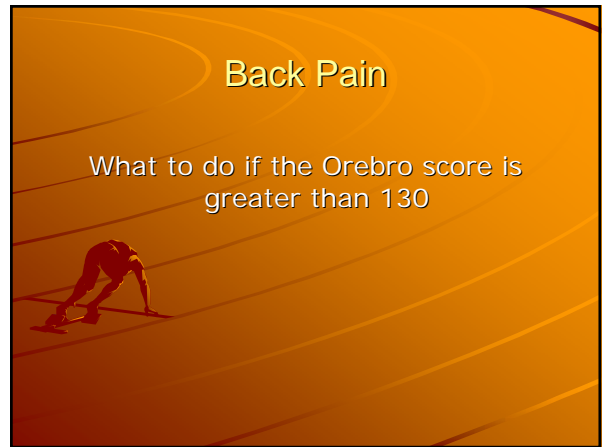
Back Pain

'The Orebro'



Back Pain

What to do if the Orebro score is greater than 130



Back Pain

GET HELP!
Early Referral to Multidisciplinary
Rehabilitation Service
Or to other Health professionals
experienced in managing such
patients.

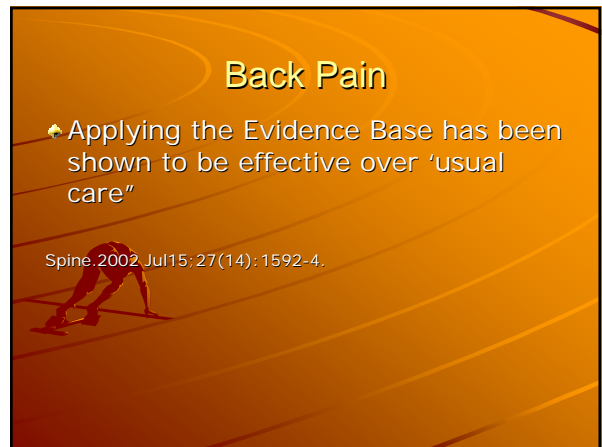
Spine 2007;32:3000-3066



Back Pain

Applying the Evidence Base has been shown to be effective over 'usual care'

Spine.2002 Jul15;27(14):1592-4.



Back Pain

- ◆ This means using accepted and scientifically proven treatments and avoiding ad hoc and patient driven requests (as seen on "A Current Affair") that delay acceptance of injury and return to work and activities of daily living.

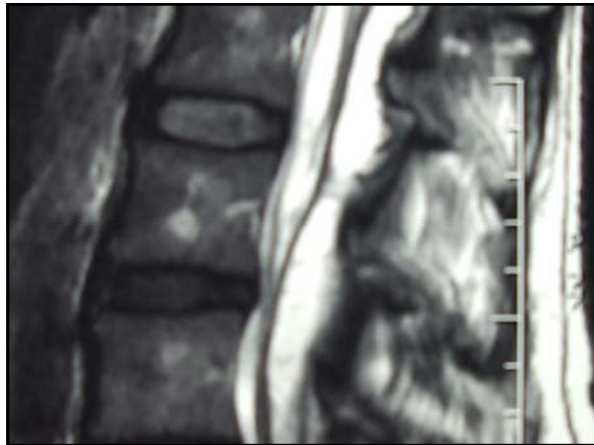
Back Pain

◆ Medical Imaging

Follow the guidelines.

Mendelson and Murray
Towards the appropriate use of diagnostic imaging.
MJA 2007;187 (1):5-6

Why: Inappropriate use may make the condition paradoxically worse due to aggravation of psycho-social issues.



Back Pain

◆ Treatments

There is actually very little evidence for a lot of treatments of any description other than surgery for proven nerve root compressive disease

Back Pain

◆ Surgery

Spinal fusion v high quality cognitive based functional restoration.

Medscape: Outcomes very similar but non operative group no morbidity.

Back Pain

Medications

- Analgesics-simple
 - opioids
- NSAIDS
- Glucosamine
- Benzodiazepines
- Neuromodulators-TCAs
 - Antiepileptics
- Muscle Relaxants
- Antidepressants

Back Pain

Physical Therapies

- As a monotherapy there is no evidence of efficacy in chronic back pain

Bogduk MJA 2004; 180 (2): 79-83
Except for massage!

- Maintenance Therapy

Back Pain

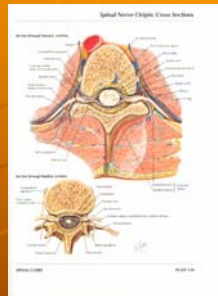
Injections

- Facet Joint Injections
- Sacroiliac joint injections
- Medial branch blocks
- Radiofrequency denervation
- Epidural steroids

American Pain Society 27th Annual Scientific Meeting
(Proceedings).

Back Pain

- Anatomy
- Local anaesthetic block with control using 2 different anaesthetic reducing index pain by 80%



Back Pain

➤ Others

- Prolotherapy
 - Ideta
 - Neuromodulation
 - Psychology
 - Intrathecal Drugs
 - Botox
 - Chairs, beds etc, machines, gizmos etc
- Spine 2008; 33 (7): 703-708

Back Pain

▪ Summary

- Be alert to yellow flags
- Be supportive but do not encourage dependence
- Educate
- Avoid distractions ie the bunfight!
- Advocate with proof
- Realise that if cessation of pain is the goal you will fail
- The aim is to restore function, so set that as the focus from the beginning.
- Use tools effectively eg outcome measures as a routine rather than ad hoc to prove a point.
- Return to work is part of return to health and likely to be the thing that actually restores health rather than anything we do.