

Classification of Spinal Complaints and Goals

Operations Resource

<p style="text-align: center;">Acute Simple</p> <ul style="list-style-type: none"> • < 3 months duration • <4 same or similar episodes/lifetime • Single region • No neurological involvement 	<ul style="list-style-type: none"> • Excellent prognosis • Short program of care • Pain relief • Avoid: chronicity, kinesiophobia, inactivity • Release from care at conclusion
<p style="text-align: center;">Chronic Simple</p> <ul style="list-style-type: none"> • Repetitious episodes, >4/lifetime • >3 months duration, present complaint • Single area of complaint • Co-morbidity • Work or recreational limitations • Failed interventions 	<ul style="list-style-type: none"> • Moderate prognosis, moderate care program • Pain control or elimination • Functional restoration • Self care strategies and methods • Conditioning, body awareness • Medication decrease or elimination • Release to prn care at plateau
<p style="text-align: center;">Acute Complex</p> <ul style="list-style-type: none"> • < 3 months duration • <4 same or similar episodes/lifetime • Single region • Disc signs/symptoms • Neurological/nerve root involvement 	<ul style="list-style-type: none"> • Moderate prognosis, moderate care program • Avoidance of surgery • Avoid: chronicity, kinesiophobia, inactivity, complications • Centralization of pain • Pain control • Release to prn care at conclusion
<p style="text-align: center;">Chronic Complex</p> <ul style="list-style-type: none"> • Repetitious episodes, >4/lifetime • >3 months duration, present complaint • Co-morbidity • Work or recreational limitations • Failed interventions • Multiple areas of complaint • Neurological/nerve root involvement 	<ul style="list-style-type: none"> • Poor prognosis, lengthy program of care • Functional improvement, restoration • Pain control • Return to work • Self-care strategies • Decrease inactivity, kinesiophobia, pain behaviors, medication use • Tapering program of care, release to supportive care at plateau