

## Mechanical Spine Pain - Option Grid



Your clinician has discussed a diagnosis of mechanical spine (neck, thoracic, lumbar). At Healthshare we encourage a shared decision-making process involving you, the patient in the treatment most appropriate for your condition. The option grid below is based on current evidence.

Frequently Asked Questions	Conservative management	Injection Therapy
What does this treatment involve?	Pain relief prescribed by your health professional is taken to reduce pain and help facilitate exercise.  Physiotherapy may help and encourage self-management. *1	An injection to the spine of local anesthetic and steroid is used to calm the inflamed nerve.  This is typically performed in a theatre setting.
How soon will I feel better?	Acute symptoms can ease over 6 weeks.	Most people who feel relief feel better after the first week.
Which treatment gives the best long term results?	Least invasive, least expensive easy to apply and safe.	The evidence based literature does not bias benefit from this intervention.
What are the main risks / side effects associated with this treatment?	All medications can have some side effects. Being active is unlikely to interfere with your recovery *1	Less than 1% of patients will experience complications such as infection, bleeding, headaches or local bruising. *2
How will this treatment impact my ability to work?	You are encouraged to return to normal activities as soon as you are able to do so.	Most patients will return to work the following day.
Will I need any other treatment?	Keep active. Physiotherapy will encourage a functional approach to rehabilitation wherever possible.	Physiotherapy is a good adjunct to injection therapy to encourage an active lifestyle.

### References:

1 -- NICE clinical guidance (CG88) – Low Back Pain In Adults: Early Management

2 – Chou, R et al (2015) – Pain Management Injection Therapies for Low Back Pain. *Agency for Healthcare Research and Quality* July 2015