

Clinic Visit Checklist

Lower Back Pain

Here are a few things to keep in mind to make the most of your health care visits.

- 1.** List the complete history of your symptoms including frequency, intensity, and location. List changes in your activity level as well.

Date	Symptoms or changes in activity level
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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- 2.** What to bring to the visit

- List of over-the-counter medications and supplements you take
- Results of any tests or examinations performed at a different facility
- Other: _____

3. Questions to ask during your visit

- What is my diagnosis?
- Do I need diagnostic tests?
- What is my prognosis?
- How do I control my pain?
 - Activity
 - Heat/ice/massage
 - Medication
 - Sleep
 - Limited bed rest
 - Manipulation
- What are my prevention and activity recommendations for work and play?
(e.g. stay active, gradually increase activity as pain decreases)
- What resources are available for improving or maintaining my healthy lifestyle? (i.e. physical activity, weight mgmt, tobacco cessation, etc.)
- What are my first aid recommendations for flare-ups?

4. Follow-up Plan

- My next health care provider appointment is: _____

Other health care appointments:

- Trained Spine Specialist (physical therapist/chiropractor/physician) with special expertise in managing spine problems: _____
- Behavioral health providers: _____
- Medical Spine Specialist consultation: _____
- Tests (if applicable): _____