

Your Journey with Low Back Pain



For more information scan this QR code or go to myhealth.alberta.ca/low-back-pain-pathway

Low back pain is very common and most often resolves within a short period of time or with conservative treatment. In some cases back pain can last longer or be more severe which might need more help to treat. You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your team to manage and treat low back pain. If you have any questions along the way, please ask your healthcare team.

Before your appointment

- Write down how you feel, your symptoms, and any questions or concerns.
- Consider bringing a family member or friend to support you.



Visit your healthcare provider

- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- To better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.



Get your tests

- In most cases, diagnostic imaging (such as xrays or MRI's) are not helpful in treating your back pain.
- Your healthcare provider may arrange other tests if planning for a specific treatment.



Review your test results

- You may find some of your test results on MyHealth Records or MyChart (myhealth.alberta.ca/myhealthrecords or ahs.ca/mychart).
- Talk with your healthcare provider so you know what your test results mean and how they will help your team and you decide what to do next.



Review your treatment & management options

- Your healthcare provider will help you better understand your condition and give you important strategies to guide your recovery.
- In most cases, education, exercise, and lifestyle changes should be tried as the first approach to care.
- More severe pain can require additional strategies to help you manage your symptoms.
- Decide what will work best for you.
- Your healthcare provider may need advice from a specialist or may suggest you see another doctor (referral).



Talk with your healthcare provider about a referral

- You may need a referral based on your specific needs.
- Ask who you are being sent to and what they do.
- Ask how long it will take to be seen and what you should do if you don't hear back.



Start your treatment & watch your symptoms

- Take an active role in your treatment.
- Write down any new symptoms.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy lifestyle resources and supports.



Whole-person health

Important Tips:

Need to connect with a primary care clinic?

ahs.ca/findadoctor

Need a translator or interpreter? Let your healthcare provider know

Need health advice?
Call Health Link at 811

Need to find programs and resources in your community?
Call 211 or visit ab.211.ca



Primary Care
Alberta