

KURT J. DUNCAN, MD

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SUSPECTED DIAGNOSIS: _____

TREATMENT RECOMMENDATIONS

- CONSERVATIVE TREATMENT OPTIONS:** Typically, patients with back pain improve within a few weeks of using home-based treatment. Continue normal activity as tolerated. Don't avoid activity out of fear of pain, but stop activity if pain increases significantly.

TREATMENT	RECOMMENDATION
<input type="checkbox"/> At-Home Therapy	Continue activities as much as you can tolerate Light activity such as walking and daily living activities Perform home exercises as directed in handouts obtained from clinic visit.
<input type="checkbox"/> Over-The-Counter Pain Reliever	Over-the-counter pain relievers (Ibuprofen, Advil, Motrin, Aleve, Naproxen) Use of heat followed by icing
<input type="checkbox"/> Physical Therapy	Strengthening, stretching, and modalities recommended by therapist

- MODERATELY AGGRESSIVE TREATMENT OPTIONS:** When conservative treatment options are not working after several weeks, stronger medications or therapies may be suggested.

TREATMENT	RECOMMENDATION
<input type="checkbox"/> Prescription Medication	Muscle relaxant, oral steroids, Gabapentin/Lyrica, etc.
<input type="checkbox"/> Physical Therapy	Electrical stimulation, muscle release techniques, traction, etc.
<input type="checkbox"/> Injection	Diagnostic and Therapeutic forms
<input type="checkbox"/> Guided Injection	In some cases, an injection is targeted to a specific location for diagnostic and therapeutic purposes. In these cases, a physician will use ultrasound or X-rays to place the injection precisely
<input type="checkbox"/> Advanced Imaging	Further imaging such as MRI or CT scan to gather more information and help with diagnosis
<input type="checkbox"/> Aerobic Exercise & Weight Loss	Aquatic aerobics program and/or consultation with dietician
<input type="checkbox"/> Pain Management Clinic Referral	Consultative evaluation for narcotic and non-narcotic medication management, biofeedback, psychological assessment and support, other modalities

- AGGRESSIVE TREATMENT OPTIONS:** Few people need surgery for neck or back pain. If you have radiating leg or arm pain or progressive muscle weakness caused by nerve compression, surgery may be a good option. Surgery is usually reserved for pain related to structural problems, such as narrowing of the spine (stenosis) or herniated disk that has not responded to therapy.

TREATMENT	RECOMMENDATION
<input type="checkbox"/> Surgery	

FOLLOW-UP APPOINTMENT:

DATE: _____ TIME: _____

LOCATION: _____

