Fact sheet
Royal Adelaide Hospital
Spinal Outpatient Services Clinical Information Sheet

<table>
<thead>
<tr>
<th>Clinical Condition</th>
<th>Non-specific spinal pain</th>
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<td>Eligibility</td>
<td>Back or neck pain with or without limb pain but no clinical evidence of radiculopathy/myelopathy or red flags.</td>
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| Pre-referral management | • Provide reassurance and advice, promote activity/exercise as able  
• Recommend/prescribe appropriate use of simple analgesics +/- NSAIDs  
• Consider community-based options for assistance with self-management |
| Priority            | NON-URGENT  
Refer to the Spinal Outpatient Department via completion of the mandatory referral template (Fax: 08 7074 6247).  
SPECIALIST APPOINTMENT NOT REQUIRED  
Patients with non-specific spinal pain who are non-surgical candidates or who are not considering surgical intervention are not appropriate for referral to spinal outpatient services. |
| Investigations required with referral | Spinal Imaging is not indicated for patients with acute/sub-acute non-specific spinal pain (in the absence of red flags). MRI may be considered if symptoms are not improving after 12 weeks. Include copies of any relevant investigation reports with referral. |
| Discharge Criteria/information | Discharge following improvement/resolution of symptoms and/or surgical management options no longer being considered. In most cases of non-specific spinal pain community-based management supported by a General Practitioner is most appropriate. |

For more information

Spinal Outpatient Clinics  
Royal Adelaide Hospital  
Port Rd Adelaide  
Telephone: 08 7074 0000  

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