Bellin Health Care Systems’ Acute Low Back Pain Care Pathway

Patient calls with complaint of acute low back pain

Work related?

Schedule with PCP or OT Health

Yes

Red Flags?

Address as indicated

Yes

Provider addresses appropriate conservative treatment and activity restrictions, (patient education materials given)

PT Extended Care Team appointment same day (FastCare concept first visit)

Treatment plan established (work comp requires regular follow-up)

Patient is improving

Advance activity, PT discharge as indicated (FOTO¹ completed)

One week phone follow-up by PT

Communicate with PCP

Patient is not improving

Refer back to PCP

Repeat physical assessment and mental health questionnaire if not completed by PT

Referral for further evaluation and treatment

Patient is noncompliant

Communication to PCP for further treatment decision

No

Schedule with PCP or available provider

No

Follow-up phone call with patient 5-7 days

Address as indicated

Source: Bellin Health Care Systems, Green Bay, WI.

¹) Focus on Therapeutic Outcomes, Inc.