

GUIDELINES FOR MANAGEMENT OF NON-SPECIFIC LOWER BACK PAIN IN PRIMARY CARE

[Oliveira at al 2018](#) reviewed 13 country guidelines and 2 international guidelines and gave the following overview for primary care management of NSLBP:

Acute or Subacute Pain (<3 months):

- 1) **Reassure patient** (favourable prognosis)
- 2) **Advise to stay active**
- 3) **Prescribe medication** if necessary (preferably time-contingent). First line is paracetamol (though recent evidence suggests no better than placebo), second line is NSAID's, consider muscle relaxants, opioids or anti-depressant and anti-convulsive medication (as co-medication for pain relief)
- 4) **Discourage bed rest**
- 5) **Do not advise supervised exercise program**



Chronic Pain (>3 months):

- 1) **Discourage use of modalities** (such as ultrasound, electrotherapy)
- 2) Short-term use of **medication / manipulation**
- 3) **Supervised exercise therapy**
- 4) **Cognitive behavioural therapy**
- 5) **Multi-disciplinary treatment**

