

WHAT DO WE KNOW?

- Back pain is very common and normally gets better over a few days or weeks.
- Pain may last for longer than a few weeks or may come and go. This does not mean your back problem is serious.
- Back pain is rarely due to serious disease or damage.
- Your spine is one of the strongest parts of your body and is surprisingly difficult to damage.
- The amount of pain felt is not related to the degree of damage – think of a paper cut!
- With the right information, support and treatment, most people can manage their own back pain.
- Maintaining and then gradually increasing your daily activity can help you to recover sooner

Date: October 2020



Contact Details

Musculoskeletal Triage and Assessment
Service – Backpain Assessment Clinic

c/- Physiotherapy Department

PO Box 1061 Hobart 7001

Level 2 H Block, Royal Hobart Hospital

Hours: Monday to Friday
8.30am – 5pm

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Interpreter



Backpain Assessment Clinic (BAC)

Patient Information Brochure

TASMANIAN
HEALTH
SERVICE



Who is it for?

Adults with lower back and/or leg pain who have not improved with conservative treatments from local health providers.

What is BAC?

The Backpain Assessment Clinic provides initial screening and assessment for patients with back and/or leg pain referred to THS Outpatient Clinics for specialist management.

You will be assessed by a BAC clinician who will discuss your condition, explain management options and co-ordinate your ongoing care as required.

When and Where?

Clinics run most days of the week with appointments available at the RHH Wellington Outpatients Clinics and two Community Health Centres.

- **RHH Wellington Clinics**
Level 12, Argyle Street, Hobart
- **Glenorchy Community Health Centre**
404-408 Main Road, Glenorchy
- **Kingston Community Health Centre**
6 Goshawk Way, Kingston

What to expect?

Your appointment will include:

- a thorough assessment of your back
- an explanation of your back condition and options to treat it
- development of an agreed management plan that best suits your health needs and preferences
- co-ordination of referrals to other health professionals such as radiology (MRI / CT etc), physiotherapy, pain management
- referral to Neurosurgery if indicated
- monitoring and reviewing your back if needed

Non-operative treatments for back pain have been shown to improve symptoms and avoid the need for surgery in most cases. Unless there is an emergency need for an operation, non-operative treatment should be trialled before considering surgery.

Information about your management plan will be provided to your general practitioner who will assist your ongoing care.

What is the cost?

This is a free public health service funded through Tasmanian Health Service - Southern Region.

How can I prepare for my visit?

Please bring any important information about your health, especially if something has changed since your doctor referred you to our service. In particular, please bring the following to your first clinic visit:

- a list of your current medicines (or you can bring your medications with you)
- any relevant x-rays you have at home. Most x-rays done in Tasmania are available on our computer systems