Back Pain

Dr Charlotte Johnstone
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Back Pain

- Clear diagnosis
- Pilates Physiotherapy
- Understanding the details of the person's upbringing and subsequent life
- Patient education about their pain and how to turn it around
- Avoid pure agonist opiates.
- Motivational Interviewing

Investigate

- MRI/CT
- Bone Scan with SPECT- Single Photon Emission Computed Tomography
- 99mTc-MDP or HDP Restrict contact or breast feeding for 1 hour

Treat

- Nerve impingement and spinal stenosis: Neurosurgeon, Pilates Physiotherapist
- Arthritis in the facet joints: Pain Medicine Specialist Radiofrequency Ablation of the Medial Branches. Pilates Physiotherapist
- Bone scan mild changes only: muscular problem: Pilates Physiotherapist
- Enthesopathy, multiple pelvic areas of pain: Pilates Physiotherapist
What is Pain?

Why does pain go to the brain?

- Epigenetics

Good News

- Neuroplasticity - Active Process
Brain Stem, Thalamus, Prefrontal Cortex

- Psychological Services
- Tools to manage anxiety/tension
- Management of depressed/low mood
- Active setting of goals and plans to achieve them
- Identifying and building on strengths
- Mindfulness education
- Meditation education

Physical therapies

- Pilates Physiotherapy
- Yoga
- Swimming
- Walking ??

Pilates Physiotherapy

- Strengthening patients in neutral spine to improve spinal/trunk stability
- Increase mobility of the spine
- Improve motor control
- Correct posture
- Improve whole body endurance

Education

- 'Rewire your Pain by Stephanie Davies

Buy from [www.PainAustralia.com](http://www.PainAustralia.com)

Opiates and Pain

Tolerance and Hyperalgesia

- Differential Opioid Tolerance and Opioid-Induced Hyperalgesia: A Clinical Reality
- C.J. Hayhurst, M.E. Durieux
- Anesthesiology Feb 2016, Vol 124, No 2, pp 483
Tolerance - Mechanism

Toll Like Receptors

- Professor Mark Hutchinson
- Pathological pain and the neuroimmune interface
- P. M. Grace, M. R. Hutchinson, S. F. Maier, L. R. Watkins
- NATURE REVIEWS | IMMUNOLOGY VOLUME 14 | APRIL 2014 | 231

What are the alternatives to full agonist opiates?
- Tapentadol
- Buprenorphine
- Escitalopram
- Pregabalin
- Lignocaine patch
- Tramadol

Relationship with our patient

- How to do Motivational Interviewing - A guidebook
  By: Bill Matulich

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