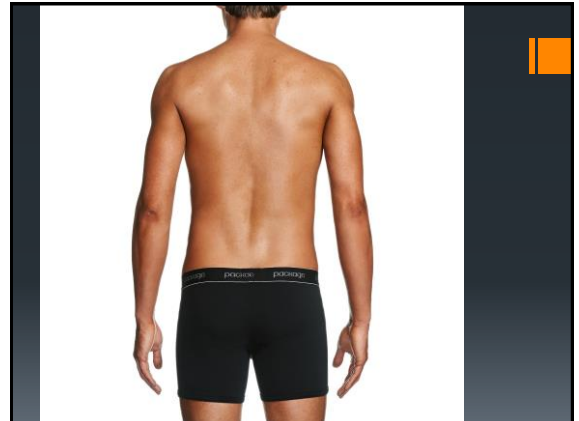


Back Pain

Dr Charlotte Johnstone
MBChB, FANZCA, FPPMANZCA, FIPP

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

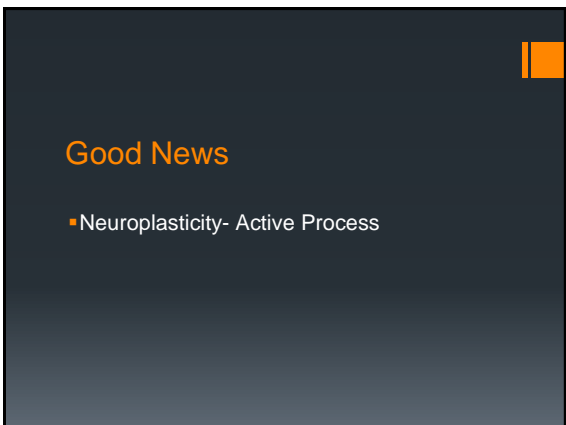
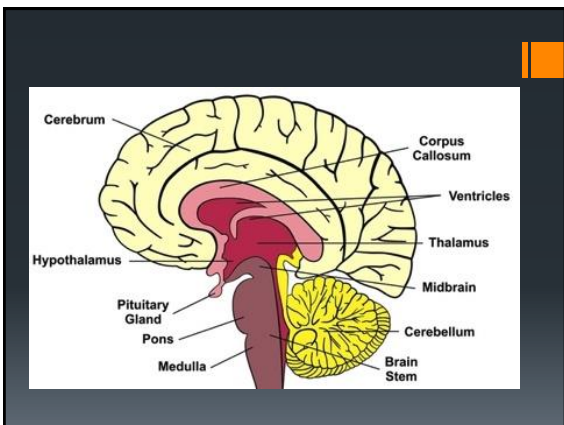
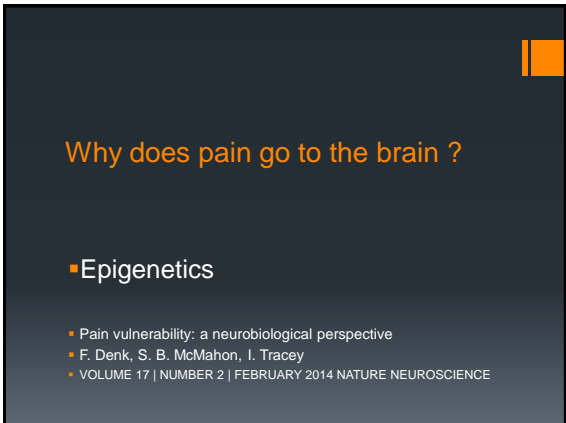
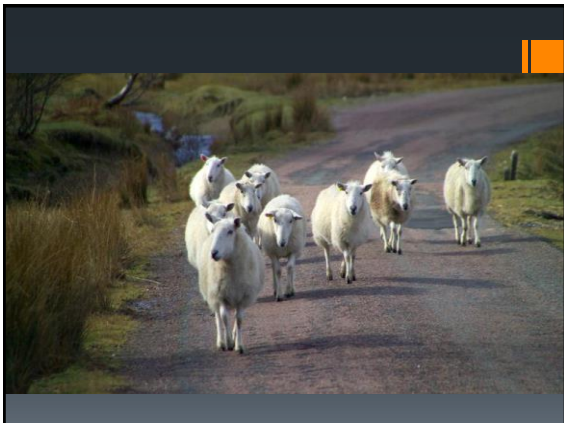
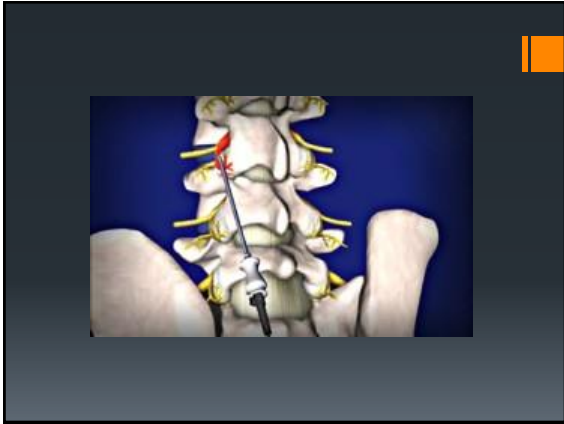


Investigate

- MRI/CT
- Bone Scan with SPECT- Single Photon Emission Computed Tomography
- ^{99m}Tc -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



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

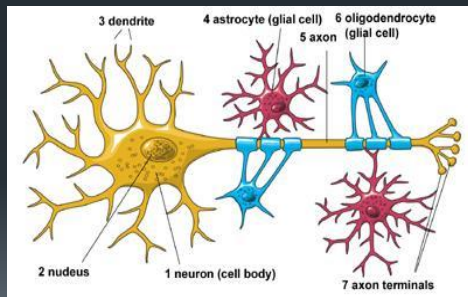
- 'Rewire your Pain by Stephanie Davies
- Buy from www.PainAustralia.com

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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