

# Back Pain Assessment Clinic

## RMH Royal Park Campus

### Summary Points to Remember

- This service provides specialist consultation for people with neck and back pain
- Please bring any past test results (including scans on hard film or disc with their reports) to your appointment
- Please bring a list of your current medications

### What Is the Back Pain Assessment Clinic?

The role of this new clinic is to provide faster access to expert clinical assessment and management for patients referred to the Royal Melbourne Hospital with back and/or neck pain.

### What will happen at the clinic?

You will be asked about:

- your problem
- your general health including any past medical problems and surgeries
- previous investigations and treatments (including pain relief medications) that you have tried
- your current medications

After talking about your problem, you will then be examined. This will involve undressing parts of your body in order to look at and feel your back, and also to test the strength and sensation in your arms and legs. Please wear suitable, loose-fitting clothing to your appointment.

The clinician will then discuss your problem and a management plan to help you, which may include:

- doing more tests
- trying other treatments
- referral to another specialist clinic

### Who will I see?

The clinic is staffed by a Rheumatologist and Advanced Practice Physiotherapists, the same professionals that you may see in the Neurosurgery, Orthopaedic or Rheumatology clinics at Royal Melbourne Hospital. All of these staff members have extensive experience in the assessment and treatment of back and neck problems.

*“But I have already seen a physiotherapist”*

The physiotherapists working in the BAC are very senior clinicians within their field and have extensive experience in assessing and treating spinal problems and are reviewing you in that capacity, rather than performing 'routine' physiotherapy treatment. The physiotherapists in the BAC currently work together with the spinal surgeons in the Neurosurgery and Orthopaedic Spinal Clinics at Royal Melbourne Hospital and have been through additional training and assessment to ensure a high level of competency in their role. Research in the UK has shown that these types of physiotherapists are as effective as doctors in assessing spinal problems.

### Who is eligible?

People with back and/or neck pain who live in the area serviced by CoHealth Services.

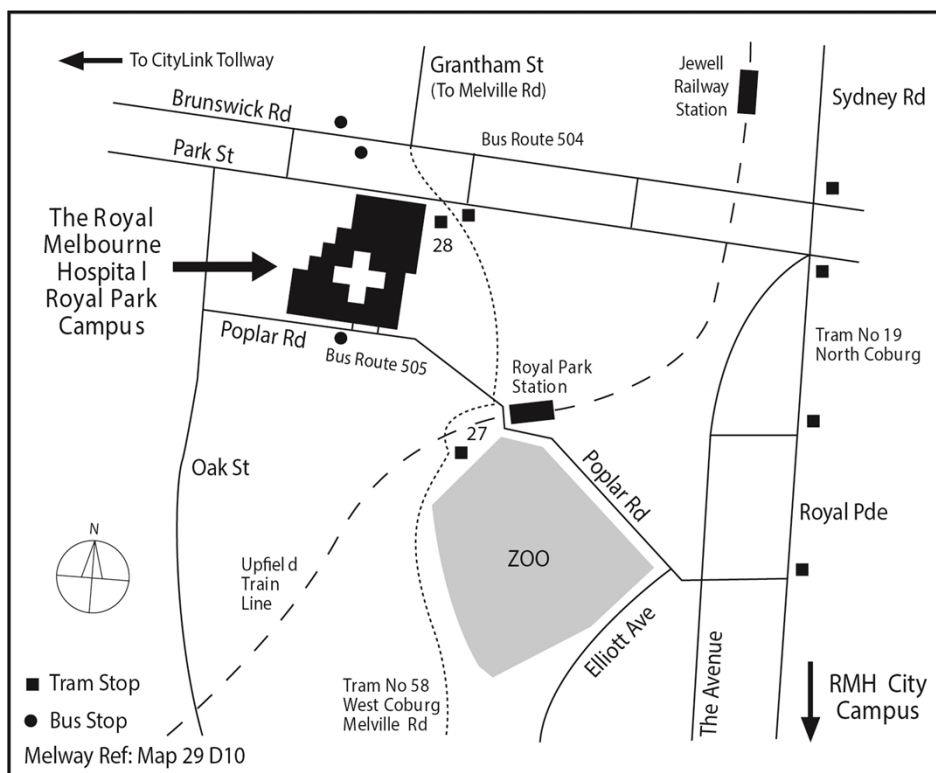
### How much does it cost?

There is no charge for this service.

### How do I get there?

The Back Pain Assessment Clinic is held at:

Clinical Centre – Building 17  
 RMH Royal Park Campus  
 34-54 Poplar Road  
 Parkville 3052



### Contact

**Direct Access Unit**  
 Royal Park Campus  
 The Royal Melbourne Hospital  
 VIC 3050 Australia  
 Tel: 8387 2333  
 Fax: 8387 2217

### Practitioner / Patient notes

Sub-acute Ambulatory Care Services (SACS) | SACS01.11B | SACS Manager | Review May 2020



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