

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING PERSISTENT OR SEVERE NECK OR BACK PAIN



- Ongoing or intense pain located in the neck or back area, which doesn't improve with rest, over-the-counter pain medications, or other conservative treatments like physical therapy.
- The pain may be sharp, dull, throbbing, or aching and can be accompanied by stiffness, muscle tightness, or radiating pain.

WHAT IT MIGHT INDICATE

- Common conditions: This could be due to chronic musculoskeletal conditions like degenerative disc disease, osteoarthritis, or spinal stenosis.
- It might also indicate issues such as a herniated disc, pinched nerve, or in rare cases, infections or tumors in the spine.
- Please note: This document is not intended for self-diagnosis. Persistent or severe neck or back pain should be evaluated by a healthcare professional, especially if conservative treatments have failed.

IMMEDIATE ACTIONS

- Continue to engage in light physical activity, as complete bed rest can exacerbate symptoms.
- Use hot or cold packs to help manage pain levels.
- Avoid activities that strain the spine, such as heavy lifting or high-impact sports.
- If the pain is accompanied by symptoms like loss of bladder or bowel control, fever, or unexplained weight loss, seek immediate medical attention.

WHEN TO CONTACT US



- If you have persistent or severe neck or back pain that doesn't improve with conservative treatments, consider contacting us to arrange an online consultation with our specialists.
- If these symptoms are affecting your quality of life, mobility, or daily activities, our service can provide guidance and specialist referrals.
- If you're seeking alternative treatment options or a second opinion, don't hesitate to reach out for expert advice and assistance.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your pain, medical history, previous treatments, and any medications you're taking.
- You may be asked to describe your pain in detail, including its exact location, intensity, duration, and any activities that exacerbate or relieve it.
- Further diagnostic tests (like imaging or nerve studies) or referrals to pain specialists or spine surgeons may be recommended based on your symptoms and history.




PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the pain you've been experiencing, any treatments you've tried, and the impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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