

Low Back Pain

Program Description

The Low Back Pain Rapid Access Clinics are located throughout the community and provide you with timely assessment of your low back pain and a personalized self-management plan.

Who Is Seen At The Low Back Pain Rapid Access Clinics?

The program is for people who are 18 years of age or older, and:

- Live with unmanageable low back pain and/or related symptoms (e.g. sciatica, neurogenic claudication) which have lasted for at least six weeks but not longer than 12 months
- OR
- Live with unmanageable low back pain and/or related symptoms that occur some of the time, with less than 12 months between occurrences

What Is Central Intake?

Central Intake will send your doctor's referral to the Low Back Pain Rapid Access Clinic located closest to your home.

Who Will See Me?

You will be seen by an Advanced Practice Provider who is a regulated health professional (such as a physiotherapist or chiropractor), with advanced training in low back pain diagnosis and management. If required, the Advanced Practice Provider may refer you for additional assessment and investigation.

How Long Is The Wait Time?

You can expect an appointment date at the Low Back Pain Rapid Access Clinic within four weeks of your referral.

The Patient's Pathway

Patient will be seen by Advanced Practice Provider within 4 weeks



What Will I Receive During My Assessment?

- Comprehensive assessment of your low back
- Education about your condition
- Personalized self-management plan tailored to your needs, including exercises
- Recommendations on other services or programs to help you manage your low back pain

What Do I Need To Bring?

Please bring the following items with you to your appointment:



List of Current Medications



Valid OHIP Card



Comfortable Loose Clothing

You can complete the patient intake form prior to your appointment by visiting www.lowbackrac.ca

If needed, a paper copy will also be available when you arrive at your appointment. Please ensure you arrive 30 minutes prior to your appointment time to complete the form.

How Long Is The Assessment?

The assessment will take approximately 60 minutes. Please arrive 30 minutes before your appointment to register and complete the patient intake forms.

Will My Doctor Or Nurse Practitioner Be Informed About My Assessment?

Yes, your referring doctor or nurse practitioner will receive a summary of your assessment and recommendations made to support your low back pain condition.

How Can I Be Referred?

Your primary care provider (doctor or nurse practitioner) must refer you into this program. To refer into this program, your doctor or nurse practitioner should contact the Central Intake Program.

What If I Don't Have A Primary Care Provider?

To be referred into this program, you must first become registered with a primary care provider. Please contact Health Care Connect to start this process.

Once complete, please ask your primary care provider to make a referral into the program.

Health Care Connect

1-800-445-1822

www.ontario.ca/healthcareconnect

For more information on this program

www.lowbackrac.ca