

## Acute Back Pain Facts:

Research suggests education, reassurance and advice to stay active, along with simple exercises led by physiotherapists are the recommended choice of therapy for all patients with acute low back pain.

- Avoid prolonged static positions by ensuring you change your posture/position every 20 - 30 mins. It is essential to keep moving within tolerable limits.
- Back pain should not stop you from doing exercise and activities you enjoy, it may be that you just have to alter certain activities, take more rests in between, and start slowly.
- More pain does not mean more damage.

Please consult your physiotherapist to discuss appropriate exercises / movements.

## Contact Us

### Opening Hours

Mon to Thu	8am - 5pm
Friday	8am - 12pm 2pm - 5pm

For enquiries, please contact:

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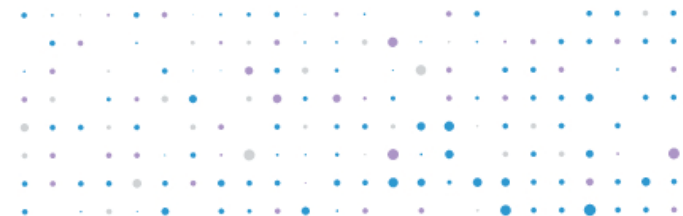


PANTAI JERUDONG  
SPECIALIST CENTRE



## FAST BACK

### Acute Back Pain Rehabilitation



# Do you have a backache?

Low back pain (LBP) affects at least 80% of us some time in our lives, perhaps 20-30% of us at any given time. The European Spine Journal in 2003, showed that the reported proportion of patients who still experienced pain after 12 months was 62% (range, 42% to 75%).

Designed by Professional Physicians, FastBack is a program involving exercise in education for patients with acute low back pain of less than 6 weeks duration. Research found that FastBack decreased the need for drugs, expensive imaging, and return visits to the hospital in an American trial (Haig et al., 2012).



*Haig et al., American Academy of Physical Medicine and Rehabilitation, Atlanta, Georgia, 2012.*

*Hestback, Leboeuf-Yde & Manniche, Low Back Pain: What is the long term course? A review of studies of the general patient populations, European Spine Journal (2003), 12:149-165.*



## What will FAST BACK involve?

Physiotherapists will see you within 48 hours of referral or initial phone contact for a thorough evaluation. The initial session will also include education on back pain management and simple exercises will be provided to help to decrease pain.

Subsequent appointments with the Physiotherapists will be determined and can schedule up to 3 additional return visits within the month.

Subsequent sessions will include education on biopsychosocial causes of low back pain, lifestyle adaption advice, additional exercise prescription, education on diagnostic tests, interventions, and medications. A detailed reporting and recommendation letter will be provided to your referring doctor.



**Ask us about our new programme that will get you back in action FAST!**