

Low Back Pain

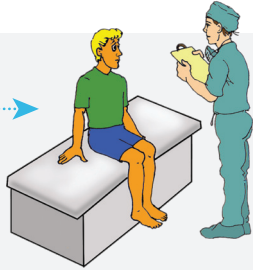
Pre-operative Education Pathways



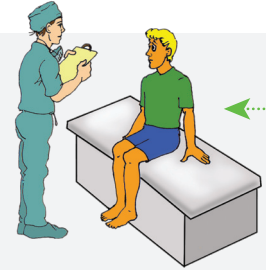
OLD
APPROACH

NEW
APPROACH

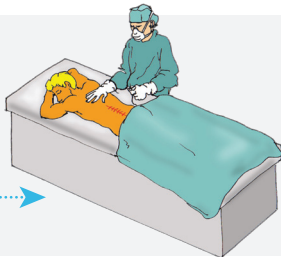
Patient has low-back and leg pain.
Non-responsive to therapy, injections or medicine.



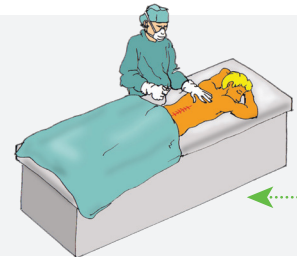
Patient consults with spine surgeon; decides to undergo low-back surgery. Surgeon gives patient 10-15 minutes of **preoperative education regarding the surgery, hospital procedures and recovery.**



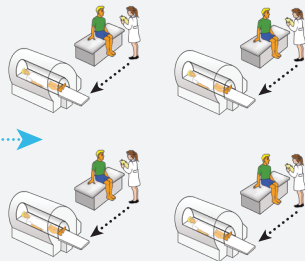
Patient is also sent to a physical therapist for a one-time visit. PT gives patient 25 minutes of **preoperative education regarding pain science** and a booklet he/she can take home.



Patient undergoes low-back surgery.

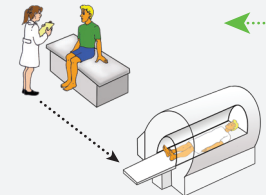


Patient is tracked for one year after surgery



Patient doesn't understand how pain works and worries about post-operative pain. Patient undergoes additional imaging, tests and treatments, beyond standard follow-up procedures.

Patient understands what pain is and how it works, and has realistic expectations for post-surgical pain. Patient undergoes standard follow-up imaging, tests and treatments.



After one year, both patients have the same outcome regarding back pain, leg pain, fear of work, fear of physical activity, pain catastrophization and function. Substantial differences are observed in average cost and level of satisfaction.

AVG. COST FOR IMAGING, TESTS AND TREATMENTS:
\$4,833

Patient is *significantly less satisfied* with surgery.

AVG. COST FOR IMAGING, TESTS AND TREATMENTS:
\$2,678
(45% cost savings)

Patient is *significantly more satisfied* with surgery.