Dear colleagues,

Low back pain is among the most common complaints we encounter in our office and ER. Over 80% of the population will experience low back pain in their lifetime. Guidelines state that low back pain can be adequately treated without imaging if the medical history and physical examination confirms the absence of red flag signs.

**Why should you keep reading?**

All of us want the best for our patients. If you order fewer (unnecessary) tests, your work will be lessened, your patients' radiation risk will be reduced, and there will be fewer chances of a false positive.

**Follow these steps to reduce inappropriate medical imaging for low back pain**!

1. Click [**here**](https://www.youtube.com/watch?v=9ZysyDZPdec&t=1s&ab_channel=NerineKleinhans) to find out why you don’t need an x-ray for low-risk back pain.
2. Print, share and post this QR code that directs your patients to a useful physiotherapy website that can help with their back pain.



1. Use the *Red Flags and Physical Exam* PDF shortcuts to guide your conversations and ask the best questions.



1. Save this QR code on your phone that will take you to a physiotherapy video (Bob and Brad Physiotherapy), which can help patients improve their low back pain in 90 seconds!



In many cases, doctors order unnecessary tests not because of liability concerns, but because of patient preferences, and not enough time to inform patients about the potential harms of unnecessary imaging.  In addition to the cost involved, our patients do not have easy access to physiotherapy.

**If we can direct emergency room patients to the appropriate website, their cellphones can be a great educational tool!**