

## Prepare For Your Visit

Together, you and your health care provider will decide how to best treat your low back pain.

There are a few steps you can start now to take an active role in managing your pain.

- Look at “Considering Your Options for Low Back Pain” in this packet. This decision aid describes some possible treatment options. The options available to you will depend on your needs.
- Begin using self-care activities you feel comfortable starting. These activities are described on pages 4 and 6.

If you have questions or concerns about a specific type of self-care, don't use it until you talk with your health care provider. If an activity causes new or increased pain or discomfort, stop.

- Use the chart on page 8 to help identify your values and preferences. They are an important part of your decision-making process.
- Write down any questions you have for your health care provider on page 9.
- Fill out the worksheet on page 11 to describe any past treatments you have used for low back pain.