

## What if I need surgery or additional tests?

- If needed, we will make you an appointment for further tests or consultations
- You may choose to have an appointment with the first available surgeon or with a surgeon you choose

## What do I need to bring?

- Your health card
- A Patient Intake form that you can download at [www.isaec.org](http://www.isaec.org) prior to your first appointment. If needed, a paper copy will also be made available to you at your appointment
- Please wear comfortable shoes and loose- fitting clothing



## Contact information

### Windsor Regional Hospital - Ouellette Campus

1030 Ouellette Ave.  
Windsor, ON N9A 1E1  
Ph: 519-255-2269  
Fax: 519-973-4427



## Patient Guide to the Rapid Assessment Centre for Low Back Pain

Fully covered by OHIP



## What is the Rapid Assessment Centre?

The Rapid Assessment Centre for low back pain is to help improve the quality, access, and appropriateness of care for people with moderate to severe low back pain.

This model of care will provide each patient with a timely low back pain assessment, education, and self-management plans.

It is designed to decrease prevalence of unmanageable chronic low back pain, reduce opioid initiation, reduce unnecessary diagnostic imaging, as well as reduce unnecessary specialist referrals and emergency department visits.

## How do I access the centre?

All patients must be referred by a doctor or nurse practitioner.

## Who is the program for?

The program is for patients who are over the age of 18 and have had low back pain and/or related leg symptoms (e.g., leg pain, numbness and/or tingling) for at least six weeks, but not longer than a year.

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Patients with the following conditions are not candidates for the program:

- Long-standing low back conditions (greater than 12 months in a row of low back pain with no relief)
- Pain that is a result of an accident where the injury is covered under an insurance claim (e.g., motor vehicle accident or workplace injury)
- Pregnant or within 12 months after childbirth
- Conditions that require urgent or emergency care

## How long is the assessment?

The initial assessment will be approximately one hour.

Please arrive 15 minutes prior to your appointment to complete the necessary paperwork.

## Who will do my assessment

- An Advanced Practice Provider, such as a physiotherapist, chiropractor, etc.

## What will happen at my assessment?

At your assessment we will:

- Review your medical history
- Complete a physical exam
- Work with you to create a plan to help you manage your low back pain and help make it easier for you to move
- Help you understand what is causing your pain
- Possibly recommend additional treatments including surgery

