

SETTING Hospital Outpatient Clinic

**PATIENT** You are a factory worker suffering from lower back pain after a twisting injury at work two weeks ago. The physiotherapist gave you a set of back exercises to complete but you have not done any as your back is still too sore. This is a follow-up appointment to check on your progress.

- TASK**
- When asked about your exercise program, admit that you have not been doing the exercises because you are afraid the exercises will injure your back further.
  - Admit you are also worried that you are not doing the exercises correctly.
  - Say that it will be good for the physio to show you how to do the exercises, and to watch you doing them, but that doesn't mean you will be able to do them at home on your own.
  - Ask how long it will take for your back to get better if you do the exercises.
  - Agree to try doing the exercises.

SETTING Hospital Outpatient Clinic

**PHYSIO** Your patient is a factory worker who sustained a twisting injury to the lumbar spine at work two weeks ago. Examination revealed limitation of movement of the right lumbar spine rotation and flexion. You prescribed core strengthening in crook lying, flexion and rotation exercises in the supine position, pelvic tilt, and extension exercises in the prone position. This is a follow-up appointment to check on his/her progress.

- TASK**
- Find out how the patient has been managing with the exercise program.
  - Stress the importance of completing the prescribed mobilising exercises (e.g., reduces tightness caused by healing process/inactivity, etc.). Reassure the patient about the exercises (suitable for patient's pain, proven to help recovery, will be reviewed regularly, etc.).
  - Explain purpose of these review appointments (e.g., demonstrate exercises, observe patient doing exercises, check progress, etc.).
  - Outline support available (e.g., pictures of the exercises with comments about position, information on repetitions/number of times per day to do them, etc.).
  - Resist giving a timescale for recovery (dependent on patient progress/commitment/extent of injury, etc.). Establish patient's willingness to do the exercises.