

Patient guide

Advance Orthopaedic & Sports Injury Centre, Ballari

Spine care and surgery

Back or neck pain examined properly, before anyone mentions an operation.

Most back and neck pain is assessed with a history and an examination. Many episodes settle with movement, medicine and time. Scans are requested for specific warning signs, not for every ache.

When an operation is the better option, spine surgery is offered.

Duration: A first visit is a consultation, not a procedure.

Anaesthesia: None for a routine consultation.

Stay: You go home the same day unless a fresh injury needs otherwise.

Recovery: Follow the exercise plan you are given.

1. Story — Where the pain goes, what makes it worse, and any bladder or leg-weakness symptoms.
2. Examination — Nerves, walking, and the spine model if it helps the explanation.
3. Decide on a scan — Only if it will change the plan.
4. A next step — Exercise, medicine, review, or a referral. Named before you leave.

Many people improve without a scan. If you do not, the next step is named, not guessed.

This sheet is general information. It is not a personal plan.