**Conervative Therapy 2018**

**Admission / Pathology**

**Directions**

All questions are mandatory with the following exceptions:
- Admission/Pathology questions 6.1, 7-12 and 15.1 only answered if supported by imaging/labs/other tests.
- Admission/Pathology questions 13 and 14 only answered if supported by imaging.

**Question types**

- only 1 answer allowed
- multiple answers allowed

**2. Region of main condition**

<table>
<thead>
<tr>
<th>Region</th>
<th>Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>cervical</td>
<td>cervicovaric</td>
</tr>
<tr>
<td>cervicothoracic</td>
<td>cervicothoracic</td>
</tr>
<tr>
<td>thoracic</td>
<td>thoracic</td>
</tr>
<tr>
<td>thoracolumbar</td>
<td>thoracolumbar</td>
</tr>
<tr>
<td>lumbar/lumbosacral</td>
<td>lumbar/lumbosacral</td>
</tr>
<tr>
<td>ilio-sacral</td>
<td>ilio-sacral</td>
</tr>
<tr>
<td>coccyx</td>
<td>coccyx</td>
</tr>
<tr>
<td>cervico-thoraco-lumbar</td>
<td>cervico-thoraco-lumbar</td>
</tr>
</tbody>
</table>

**3. Symptoms**

- axial pain
- irradiating pain: radicular
- irradiating pain: non-radicular
- widespread pain
- motor deficit
- sensory deficit
- deformity
- other

**4. Duration of symptoms**

- < 3 mo
- 3-12 mo
- > 12 mo

**5. Diagnosis supported by**

- X-ray
- MRI
- CT
- SPECT/Scintigraphy
- Electrophysiology
- Ultrasound
- Infection
- Laboratory
- History/Clinical evaluation
- Other

**6. Main condition (supported by imaging/labs/other tests)**

- degenerative disease
- non degen. deformity
- fracture/trauma
- pathological fracture
- spondylolisthesis (non degen.)

**6.2 Main condition (supported by history/clinical evaluation only)**

- spinal pain – axial
- spinal pain with periph. radiation
- spinal pain with peripheral radiation and neurological deficit

**6.1 Main condition (supported by imaging/labs/other tests)**

- Chiari
- Infection
- Inflammation
- Other

**7. Type of degeneration**

7.1 primary

- disc herniation
- central stenosis
- lateral stenosis
- foraminal stenosis
- degen. disc disease
- degen. deformity
- degen. spondylolisthesis
- other instability
- myelopathy
- facet joint arthritis
- synovial cyst
- SI joint
- Other

7.2 secondary

- none
- disc herniation
- central stenosis
- lateral stenosis
- foraminal stenosis
- degen. disc disease
- degen. deformity
- degen. spondylolisthesis
- other instability
- myelopathy
- facet joint arthritis
- synovial cyst
- SI joint
- Other

**8. Type of (pathological) fracture/trauma**

- condylar (C0)
- C0/1 dissociation
- C1 fracture
- C1/2 instability
- C2 dens fracture
- C2 other fracture
- soft tissue injury neck
- fracture C3-C7
- fracture Th1-L5/S1
- sacrum fracture
- Other

**8.1. Type of (pathological) fracture/trauma**

- AO Classification applies to the most severely affected VB

8.5 C3-L5/S1 AO Fracture type

- AO
- A1
- A2
- A3
- A4
- A5
- B1
- B2
- B3
- B4
- B5
- C3-C7
- M1
- M2
- M3
- M4
- M5
- F1
- F2
- F3
- F4
- F5
- N0
- N1
- N2
- N3
- N4
- NX

8.7 AO Modifiers

- no modifiers
- Th1-L5/S1
- C3-C7
- M1
- M2
- M3
- M4
- M5
- F1
- F2
- F3
- F4
- F5
- N0
- N1
- N2
- N3
- N4
- NX

8.8 Pathological fracture due to

- osteoporosis
- tumour
- other

8.3 Dens fracture type

- I
- II
- III

8.4 Osteoporotic verteboreal fracture classification type

- OF1
- OF2
- OF3
- OF4
- OF5

**9. Type of deformity**

- spondylolisthesis (non degen.)
- pathological fracture
- fracture/trauma
- non degen. deformity
- other

**10. Type of spondylolisthesis**

- Type I (congen., dysplastic)
- Type II (isthmic)
- Type III see type of deg.
- Type IV (traumatic)
- Type V (pathologic)
- Type VI (postsurgical)

**11. Inflammation**

- Ca-pyrophosphate deposition disease
- other spondyloarthropathy, incl. psoriatic arthritis
- ankylosing spondylitis
- gout
- rheumatoid arthritis
- other

**12.1 Infection specification**

- pyogenic
- tuberculous
- multi-resistant
- unknown
- Other

**12.2 Affected structure(s)**

- spondylitis
- discitis
- epidural space
- paravertebral
- other

**13. Most severely affected vertebral body/segment**

For segments, indicate cranial vertebral body only

**14. Extent of lesion (segments/vertebral bodies)**

- 1
- 2
- 3
- > 4

**If diagnosis supported by imaging**

SA = sacrum (S2-5); CO = coccyx
15.1 Additional conditions (supported by imaging/labs/other investigations – main condition excluded)
- none
- degenerative disease
- non degen. deformity
- fracture/trauma
- pathological fracture
- spondylolisthesis (non degen.)
- Chiari
- infection
- tumour
- inflammation
- other

15.2 Additional conditions (supported by history/clinical evaluation only)
- none
- spinal pain – axial
- spinal pain with periph. radiation
- spinal pain with peripheral radiation and neurological deficit
- pelvic pain
- other

16. History of complaint
- first episode
- recurrent episode

17. Previous treatment for main condition
- none
- in last 3 months
- 3 - 6 months ago
- 6 - 12 months ago
- >12 months ago

18. Treatment history of main condition
- no treatment before
- pain medication
- exercise therapy
- manual therapy
- physical measures
- psychological intervention
- occupational med. measures
- multidisc. treatment program
- invasive pain therapy
- spine surgery
- other

19. Intake medication for main condition – analgesics
- none
- paracetamol
- NSAIDs
- weak opioids
- strong opioids
- SSRIs
- SNRIs
- tricyclic antidepressants
- anxiolytics
- anticonvulsants
- neuroleptics
- other

19. Intake medication for main condition – non-analgesics
- none
- muscle relaxants
- corticosteroids
- bisphosphonate
- calcium/vit. D
- selective oestrogen receptor mod.
- parathyroid hormone
- TNF inhibitors
- DMARD
- antibiotic therapy
- chemotherapy
- sleep promoting drugs
- other

20. Intake medication for main condition – non-analgesics
- none
- muscle relaxants
- corticosteroids
- bisphosphonate
- calcium/vit. D
- selective oestrogen receptor mod.
- parathyroid hormone
- TNF inhibitors
- DMARD
- antibiotic therapy
- chemotherapy
- sleep promoting drugs
- other

21. Number of previous spinal surgeries
- 21.1 at same/adjacent levels
- 0
- 1
- 2
- 3
- >4

21.2 at other levels
- 0
- 1
- 2
- 3
- >4

22. Other musculoskeletal comorbidities
- yes
- specify
- no

22.1 Other musculoskeletal comorbidities
- 22.1 other musculoskeletal comorbidities
- 1-3
- >3

23. Systemic comorbidities
- none
- myocardial infarction
- congestive heart failure
- peripheral vascular disease
- cerebrovascular disease
- dementia
- chronic pulmonary disease
- rheumatologic disease
- peptic ulcer disease
- mild liver disease
- diabetes without chronic complications
- diabetes with chronic complications
- hemiplegia or paraplegia
- renal disease
- any malignancy, including leukemia and lymphoma
- moderate or severe liver disease
- metastatic solid tumour
- AIDS/HIV
- other

23. Systemic comorbidities
- Charlson comorbidity index score calculated

24. Typical physical activity or exercise level
- sedentary
- moderately active
- very active

25. Work status
- working now, employed
- working now, self-employed
- looking for work, unemployed
- sick leave or maternity leave
- not working due to spinal condition
- not working for reasons other than spinal condition
- keeping house
- student
- retired
- other

26. Height (cm)

27. Weight (kg)

28. Is either of the values estimated?
- yes
- no

29. Current smoker
- yes
- no

30. Obstacles to recovery
- none
- red flag
- yellow flag
- medicolegal
- workers comp./benefits
- other

31. Therapeutic goals
- axial pain relief
- peripheral pain relief
- functional improvement
- motor improvement
- sensory improvement
- bowel/bladder improvement
- cosmetic improvement
- spinal stabilisation
- stop deformity progression
- deformity correction (supported by imaging)
- diagnostic measures
- other
### Course of therapy / therapeutic measures for current episode

#### 3. Medication
- **Medication**
  - Paracetamol
  - NSAIDs
  - Weak opioids
  - Strong opioids
  - SSRIs
  - SNRIs
  - Tricyclic antidepressants
  - Anxiolytics
  - Anticonvulsants
  - Neuroleptics
  - Other analgesics
  - Muscle relaxants
  - Corticosteroids
  - Bisphosphonates
  - Calcium/vit. D
  - Selective estrogen receptor mod.
  - Parathyroid hormone
  - TNF inhibitors
  - DMARD
  - Antibiotic therapy
  - Chemotherapy
  - Sleep promoting drugs
  - Other

#### 4. Therapy setting
- **One to one**
- **Group**
- **One to one and group**

#### 5. Type of setting
- **Outpatient**
- **Inpatient**

#### 6. Exercise therapy
- **Yes**
- **No**

#### 6.1 Type of therapy
- Strength
- Flexibility
- Muscular endurance
- Cardiovascular endurance
- Balance
- Postural control
- Coordination
- Stability
- Motor control
- Other

#### 7. Manual therapy
- **Yes**
- **No**

#### 7.1 Type of therapy
- Mobilization
- Manipulation
- Techniques for soft tissues
- Stretches
- Neuromeningeal mobilization
- Visceral techniques
- Trigger point treatment
- Craniocaudal techniques

#### 8. Physical modalities
- **Yes**
- **No**

#### 8.1 Type of physical modalities
- Interferential power
- Thermo therapy
- Short-wave diathermy
- Shockwave therapy
- TENS
- Ultrasound
- Lumbar orthosis
- Laser therapy
- Traction
- Acupuncture/dry needling
- Other

#### 9. Psychological intervention
- **Yes**
- **No**

#### 9.1 Type of psychol. intervention
- Counselling
- Cognitive Behavioural Therapy
- Mindfulness-based therapy
- Acceptance & Commitment therapy
- Compassion focussed therapy
- Other

#### 10. Occupational medicine measures
- **Yes**
- **No**

#### 10.1 Type of occupational medicine measures
- Ergonomic measures
- Occupational retraining/vocational rehabilitation
- Work reintegration/return to work programs
- Work hardening
- Other

#### 11. Invasive pain therapy
- **Yes**
- **No**

#### 11.1 Type of inv. pain therapy
- Facet block
- Root block
- Epidural infiltration
- Epidural catheter
- Pain pump
- Spinal cord stimulation
- Intradisc. electrotherapy
- Trigger point injection(s)
- Radiofrequency therapy
- Cryodestruction of facets
- Alcohol denervat. of facets
- Neural therapy
- Mesotherapy
- Ilio-sacral joint infiltration
- Other

#### 12. Invasive therapy sessions
- **Total number:**
## End of Therapy

### Question types
- only 1 answer allowed
- multiple answers allowed

### 1. End of therapy date (dd.mm.yyyy)

### 2. Number of sessions received

### 3.1. Completed conservative treatment
- yes
- no
- specify

### 3.2. Reason for non-completion of treatment
- unknown
- work
- medical
- personal
- insurance
- onward referral – spinal surgery
- onward referral – other discipline
- other

### 4. Therapeutic goals

<table>
<thead>
<tr>
<th>GA</th>
<th>GP</th>
<th>GN</th>
</tr>
</thead>
<tbody>
<tr>
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- axial pain relief
- peripheral pain relief
- functional improvement
- motor improvement
- sensory improvement
- bowel/bladder improvement
- cosmetic improvement
- spinal stabilisation
- stop deformity progression
- deformity correction (supported by imaging)
- diagnostic measures
- other

`GA = Goal achieved
GP = Goal partially achieved
GN = Goal not achieved`

### 5.1. Work status
- unchanged
- changed
- specify

### 5.2. Work status changed to
- looking for work
- commenced work/returned to work
- increased work/studies/household duties
- reduced work/studies/household duties
- stopped work/studies/household duties
- other

### 6.1. Analgesic medication (from Admission, question 19)

<table>
<thead>
<tr>
<th>Unchanged</th>
<th>changed</th>
<th>specify</th>
</tr>
</thead>
</table>
| paracetamol
| NSAIDs
| weak opioids
| strong opioids
| SSRI
| SNRI
| tricyclic antidepressants
| anxiolytics
| anticonvulsants
| neuroleptics
| other

`Incr/Int = increased dosage or introduced medication
Cont = continued medication (unchanged)
Red = reduced dosage
Stop = stopped medication`

### 6.2. Changes in analgesic medication

<table>
<thead>
<tr>
<th>Incr/Int</th>
<th>Cont</th>
<th>Red</th>
<th>Stop</th>
</tr>
</thead>
</table>
| paracetamol
| NSAIDs
| weak opioids
| strong opioids
| SSRI
| SNRI
| tricyclic antidepressants
| anxiolytics
| anticonvulsants
| neuroleptics
| other

### 7.1. Adverse events related to therapy
- yes
- no

### 7.2. Adverse events

<table>
<thead>
<tr>
<th>Unk</th>
<th>Med</th>
<th>Non-inv</th>
<th>Inv</th>
</tr>
</thead>
</table>
| increased pain (resolved)
| increased pain (continuing)
| neurological deficit
| infection
| other

`Unk = unknown
Med = medication
Non-inv = non-invasive therapy
Inv = invasive therapy`