

Recommended

What science tells us is most likely to help

Diagnosis of CWPS is based on a careful history and clinical examination.

Laboratory investigations and scans are not usually necessary to make the diagnosis. Sometimes they are useful to rule out other issues, such as thyroid problems.



Management plans should include:

Plans for how you can manage pain flares and set-backs.



Plans for how to approach exercise and stay active at the right level for you.

How to manage education and work.

Helping you to identify goals and work towards them.



Helping you to manage your mental health.

Building a supportive health care team around you.

Supporting healthy lifestyle habits.



5 questions to ask your health care practitioner:

These are the recommended questions that you should ask your health professional/s about your neck pain to help you decide what the right care is for you.

- 1 What is the target of this treatment? (Pain, sleep, mood)?
- 2 What are the risks and benefits of this treatment?
- 3 How long do I stay on this treatment before we decide if it is working?
- 4 What are the other options?
- 5 What else could I be doing??

These questions help to make sure you end up with the right amount of care — not too much and not too little.

For more info see our pain condition and management modules.

(screenshot friendly)

High value care is:

- Effective**
Evidence shows that it works to produce a positive effect
- Safe**
There is low risk of harm
- Cost effective**
Despite cost, the care provides benefit relative to other options

Low value care is:

- Ineffective**
Evidence shows that the care will provide no or very little benefit
- Potentially harmful**
The risk of harm is greater than any likely benefit
- Not cost effective**
If the care is unlikely to provide a benefit, the cost could be used on other care options

Not recommended

What science tells us is not likely to help and may cause harm

low value

Relying only on passive treatment
(massage, acupuncture, etc.)

Relying only on medication
(especially strong medicines)

Avoiding physical activity

“Boom & Bust”
(too much and too little patterns of activity)

Restrictive diets, avoiding food groups

Avoiding all medications & procedures

Straps & braces

Joint injections in the absence of active arthritis

