

Recommended

What science tells us is most likely to help

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

Laboratory investigations and scans are not necessary to make the diagnosis.



high value

Management plans should include:



It's okay to not be okay.

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

