

## Appendix B: Selecting a clinician

Adapted from the Inter-professional Spine Assessment and Education Clinics (ISAEC) Guidance documents on selecting a clinician.<sup>24,25,26</sup>

	Authorized clinicians	Ask: What are their qualifications?	Ask: Have they treated conditions like this before?	Ask: How many treatments will the patient need?
Exercise therapy	Chiropractor or physiotherapist	<b>Acceptable answer:</b> I have extensive knowledge and training in providing patients with specific exercises to help them decrease their pain and improve their function; clinician should have training in several methods. Ask about training in McKenzie therapy, functional movement screening, core stability or another particular exercise therapy.	<b>Acceptable answer:</b> Yes, I have extensive experience in treating patients with non-specific neck, shoulder and low back pain, and have completed post-graduate coursework to further my expertise in this area.	<b>Acceptable answer:</b> Clinician should propose a treatment plan with the expected number of recommended treatments. Occasionally, longer treatment may be required, but should decrease in frequency over time.
		<b>Unacceptable answer:</b> I learned many different techniques in my schooling to become a chiropractor or physiotherapist	<b>Unacceptable answers:</b> Yes, I see this all the time; I can treat anything; I don't use exercise therapy in my practice; clinician is not able to describe experience or training specific to the management of your type of pain.	<b>Unacceptable answer:</b> Patient should continue for as long as they need it.
Manipulation	Chiropractor or manipulation-trained and rostered physiotherapist	<b>Acceptable answer:</b> <b>Chiropractor:</b> Doctor of Chiropractic degree from an accredited college. <b>Physiotherapist:</b> Diploma of Manual and Manipulative Therapy.	<b>Acceptable answer:</b> Yes, I use hands-on spinal manipulation to treat nonspecific neck, shoulder and low back pain. In addition, they can explain and demonstrate proper exercises and stretches to help facilitate the healing process.	<b>Acceptable answer:</b> Most patients should experience a significant reduction in their symptoms within 8-12 spinal manipulative treatments over the course of 4-8 weeks.
		<b>Unacceptable answer:</b> I do not have a Diploma of Manual and Manipulative Therapy and am not rostered to perform manipulation. I use other devices and modalities such as traction, ultrasound and electrical stimulation.	<b>Unacceptable answer:</b> No, I do not use hands-on methods but I use other devices and modalities such as traction, ultrasound or electrical stimulation.	<b>Unacceptable answer:</b> The condition may take months or years to correct and therefore we will need to see the patient 3 times per week for the first few months until we get a sense of how the patient is responding.
Mobilization	Chiropractor or physiotherapist	<b>Acceptable answer:</b> Clinician should be registered and in good standing with their regulatory college.	<b>Acceptable answer:</b> Yes, I use hands-on joint mobilization to treat nonspecific neck, shoulder and low back pain. In addition, I can explain and demonstrate proper exercises and stretches to help facilitate the healing process.	<b>Acceptable answer:</b> Clinician should propose a treatment plan with the expected number of recommended treatments. Occasionally, longer treatment may be required, but should decrease in frequency over time.
		<b>Unacceptable answer:</b> I learned many different techniques in my schooling to become a chiropractor or physiotherapist	<b>Unacceptable answer:</b> No, I do not use hands-on methods but I do use other devices and modalities such as traction, ultrasound or electrical stimulation to treat low back pain.	<b>Unacceptable answer:</b> The condition may take months or years to correct and therefore we will need to see them 3 times per week for the first few months until we get a sense of how the patient is responding.
Soft tissue therapy	Chiropractor, physiotherapist, or registered massage therapist (RMT)	<b>Acceptable answer:</b> Clinician should be registered and in good standing with their regulatory college.	<b>Acceptable answer:</b> Yes, I have many years of experience treating patients with non-specific neck, shoulder and low back pain and have taken additional coursework to help patients with this type of problem.	<b>Acceptable answer:</b> Clinician should propose a treatment plan with the expected number of recommended treatments. Occasionally, longer treatment may be required, but should decrease in frequency over time.
		<b>Unacceptable answer:</b> I am not registered but I have many years of experience performing soft-tissue/massage therapy.	<b>Unacceptable answers:</b> Soft-tissue/massage therapy is the only treatment you need; it will cure your pain.	<b>Unacceptable answer:</b> You should continue for as long as you need it; it can't hurt to keep coming; soft-tissue/massage therapy is a lifelong treatment.