



Information Prescription

www.spineinformation.org

■ SPINECARE OPTIONS

- | | | |
|--|---|--|
| <input type="checkbox"/> Acupuncture | <input type="checkbox"/> Interferential Therapy | <input type="checkbox"/> Physical Rehabilitation |
| <input type="checkbox"/> Cold/Heat Application | <input type="checkbox"/> Interlaminar Implant | <input type="checkbox"/> Rhizotomy |
| <input type="checkbox"/> Cordotomy | <input type="checkbox"/> Kyphoplasty | <input type="checkbox"/> Scoliosis Correction |
| <input type="checkbox"/> Discectomy | <input type="checkbox"/> Laminectomy | <input type="checkbox"/> Spinal Cord Stimulator |
| <input type="checkbox"/> Disc Replacement | <input type="checkbox"/> Laminectomy and Discectomy | <input type="checkbox"/> Spinal Fusion |
| <input type="checkbox"/> Dorsal Column Stimulator | <input type="checkbox"/> Laser Spine Surgery | <input type="checkbox"/> Spinal Manipulation |
| <input type="checkbox"/> Dorsal Rami Ablation | <input type="checkbox"/> Laser Therapy | <input type="checkbox"/> Spinal Orthosis/Bracing |
| <input type="checkbox"/> Endoscopic/Arthroscopic Procedure | <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Spinal Traction |
| <input type="checkbox"/> Epidural Steroid Injection | <input type="checkbox"/> Microdiscectomy | <input type="checkbox"/> Spinal Tumor Resection |
| <input type="checkbox"/> Exercise Therapy | <input type="checkbox"/> Nutritional Anti-inflammatory | <input type="checkbox"/> TENS |
| <input type="checkbox"/> Facet Block | <input type="checkbox"/> Orthotics | <input type="checkbox"/> TILF |
| <input type="checkbox"/> Foraminotomy | <input type="checkbox"/> Pharmaceutical Anti-inflammatory | <input type="checkbox"/> Ultrasound |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ |

■ TREATMENT

- | | | |
|------------------------------------|--|--|
| <input type="checkbox"/> Self Care | <input type="checkbox"/> Non-Surgical Procedures | <input type="checkbox"/> Surgical Procedures |
|------------------------------------|--|--|

■ GENERAL EDUCATION CATEGORIES

- | | | |
|---|---|---|
| <input type="checkbox"/> Spinal Anatomy | <input type="checkbox"/> Spinal Cord Injury | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Tissue Adaptation and Remodeling | <input type="checkbox"/> The Intervertebral Disc | <input type="checkbox"/> Role of Diet and Nutrition |
| <input type="checkbox"/> Pregnancy and Back Pain | <input type="checkbox"/> Stages of Spine Degeneration | <input type="checkbox"/> Weight Management |
| <input type="checkbox"/> Sleep and the Spine | <input type="checkbox"/> The Aging Spine | <input type="checkbox"/> Posture and Spine Health |
| | | <input type="checkbox"/> Inflammation and the Spine |

■ SPINECARE PRODUCTS

- | | | |
|---|---|-------------------------------------|
| <input type="checkbox"/> Back Support/Brace | <input type="checkbox"/> Electric Scooter | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> Books/References | <input type="checkbox"/> Exercise Resources | <input type="checkbox"/> Shoes |
| <input type="checkbox"/> Chair | <input type="checkbox"/> Mattress | <input type="checkbox"/> Wheelchair |

Healthcare Provider Signature _____ Date _____

Your attending healthcare professional has recommended that you learn more about the above marked topics and that you join the International Spine Association (ISA). To access the information go to the ISA Public Information Center (PIC) at www.spineinformation.org

Join the International Spine Association and stay informed about available spinecare and what you can do to improve your spinehealth. **Membership is FREE.**