



Information Prescription

www.spineinformation.org

■ SPINE DISORDERS

- | | | |
|---|--|---|
| <input type="checkbox"/> Arachnoiditis | <input type="checkbox"/> Lumbalgia | <input type="checkbox"/> Spinal Instability |
| <input type="checkbox"/> Back Pain | <input type="checkbox"/> Myalgia/Myofascitis | <input type="checkbox"/> Spinal Segment Dysfunction |
| <input type="checkbox"/> Cervicalgia | <input type="checkbox"/> Myelitis | <input type="checkbox"/> Spinal Stenosis |
| <input type="checkbox"/> Compression Fracture | <input type="checkbox"/> Myelopathy | <input type="checkbox"/> Spondylolisthesis |
| <input type="checkbox"/> Degenerative Disc Disease | <input type="checkbox"/> Myofascial Pain | <input type="checkbox"/> Spondylosis Arthritis |
| <input type="checkbox"/> Disc Bulge | <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Spondylotic Myelopathy |
| <input type="checkbox"/> Disc Herniation/Protrusion | <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Sprain/Strain |
| <input type="checkbox"/> Discitis | <input type="checkbox"/> Radiculopathy | <input type="checkbox"/> Spinal Subluxation |
| <input type="checkbox"/> Epidural Fibrosis | <input type="checkbox"/> Schmorl's Node | <input type="checkbox"/> Synovial Cyst |
| <input type="checkbox"/> Facet Arthropathy | <input type="checkbox"/> Sciatica | <input type="checkbox"/> Syring/Syringomyelia |
| <input type="checkbox"/> Facet Syndrome | <input type="checkbox"/> Scoliosis | <input type="checkbox"/> Tumor |
| <input type="checkbox"/> Failed Back Syndrome | <input type="checkbox"/> Spinal Cord Injury | <input type="checkbox"/> Whiplash |

■ 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.***