



# Information Prescription

[www.spineinformation.org](http://www.spineinformation.org)

## ■ SPINECARE SPECIALISTS

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Chiropractic Neurologist   | <input type="checkbox"/> Neurologist            | <input type="checkbox"/> Pain Specialist          |
| <input type="checkbox"/> Chiropractic Orthopedist   | <input type="checkbox"/> Neuropsychologist      | <input type="checkbox"/> Personal Fitness Trainer |
| <input type="checkbox"/> Chiropractic Physician     | <input type="checkbox"/> Neuroradiologist       | <input type="checkbox"/> Physiatrist              |
| <input type="checkbox"/> Dietician                  | <input type="checkbox"/> Neurosurgeon           | <input type="checkbox"/> Physical Therapist       |
| <input type="checkbox"/> Exercise Physiologist      | <input type="checkbox"/> Nurse                  | <input type="checkbox"/> Physician Assistant      |
| <input type="checkbox"/> Internal Medicine          | <input type="checkbox"/> Occupational Therapist | <input type="checkbox"/> Primary Care Physician   |
| <input type="checkbox"/> Interventional Radiologist | <input type="checkbox"/> Oncologist             | <input type="checkbox"/> Rheumatologist           |
| <input type="checkbox"/> Massage Therapist          | <input type="checkbox"/> Orthopedic Surgeon     | <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](http://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.***