Patients consult doctor with low back pain. A referral is forwarded to the Back Pain Clinic.

**Back Pain Clinic**

**Stratified care**

- Self report questionnaires completed.
- Patient assessed by physiotherapist as routine care.
- Patient stratification completed as per STarTBack Tool.
- Written consent obtained if patient agreeable to participate.
- Patient allocated to targeted treatment group.
  - **High Risk Group**
    - 12 week group intervention including biopsychosocial model of pain, CBT and exercise component.
  - **Medium Risk Group**
    - 12 week generic group intervention including positive messages on activity, benefits for exercise, ergonomic advice and a structured exercise programme.
  - **Low Risk Group**
    - A single 1.5 hr exercise/education intervention including positive messages on managing LBP.

**Outcome Evaluation at 12 WEEKS and 6 MONTHS**

**Back Pain Clinic**

**Non-stratified care**

- Patient declines participation in study.
- Patient allocated appointment as per usual care but not included in study.

- Patient attends usual care intervention.

**Historical Controls 2008-2011**

- Self report questionnaires completed.
- Patient assessed by physiotherapist as routine care.
- Patient stratification as per STarTBack Tool.
- Completed by clinic administrator.
- Physiotherapists blinded as to risk stratification.

- 12 week generic group intervention including positive messages on activity, benefits for exercise, ergonomic advice and a structured exercise program.

**Outcome evaluation at 12 WEEKS**

- Low Risk
- Medium Risk
- High Risk

- Follow up at 12 WEEKS and 6 MONTHS