Spinal Pain Patient

Pain sources

Centralization signs?

Yes

No

Segmental Signs?

Neurodynamic signs?

Yes

No

Neural Mob

Chronic

Myofascial therapies

Fear, catastrophizing passive coping, depression?

Instability?

Stabilization exercise

CPH?

Education and graded exposure

No

ER loading

Myofascial signs?

Yes

No

Manipulation

Acute

NSAID, Steroid, ESI

Fear, catastrophizing passive coping, depression?

Education, graded exposure, counseling

Perpetuating factors (subacute or chronic)

Education, graded exposure, counseling

Stabilization exercise

CPH?