Your patient has been included in a pilot study being conducted in the Spinal Assessment Clinic. This study is designed to assess the feasibility of integrating a novel educational intervention into the standard clinic consultation.

The intervention involves:

- Explanation of ‘normal’ imaging findings and interpretation of the patient’s images
- Provision of take-home information
- Weekly follow-up SMS messages (for 4 weeks) with links to online resources
- Provision of a practical tool to facilitate increased activity/exercise

The intervention aims to deliver a ‘positive’ interpretation of imaging findings to reassure patients that movement is safe and is necessary for recovery. Key messages are:

- Surgical intervention is not indicated and further scans are not required
- Scan findings should not cause worry; it is safe to be active
- Pain is complex (chronic pain often has little to do with damage)
- Activity and exercise are important for recovery and have many benefits

Further information can be obtained by contacting the Principal Investigator:
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