

## Supplement 9: Letter to General Practitioner

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*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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