



WHAT IS RAC-LBP?

- You have been referred to RAC-LBP by your family doctor or nurse practitioner for initial assessment of your low back and/or low back related leg pain to determine the next steps in your care.
- RAC-LBP is a specialized low back pain program created to help assess and manage Ontarians with low back and/or low back related leg pain.
- RAC-LBP provides patients with a thorough assessment with the goal of empowering patients to take control of their condition.

WHAT HAPPENS NEXT?

- You will be contacted by your RAC-LBP Advanced Practice Clinician's office to schedule your appointment. You can expect an appointment date within three weeks.
- Your thorough assessment will be scheduled with the nearest available clinician and will be approximately one hour long.

PREPARING FOR YOUR APPOINTMENT: WHAT DO I NEED TO DO?

- **IMPORTANT.** Please arrive at least 15 minutes prior to your appointment in order to complete the detailed intake form. Alternatively, the intake form can be printed and completed at home before your appointment. The form can be found at <http://www.lowbackrac.ca>
- If you need to cancel your appointment, please contact your RAC-LBP clinician's office 24 hours prior to your scheduled appointment.
- For all inquiries including directions, changes to appointment times, etc. please contact your RAC-LBP clinician's office.
- It is important that we understand your condition. If you are unable to clearly communicate your condition in English or French please bring a friend or family member who can translate on your behalf.

