

Rapid Access Clinic for Low Back Pain

Who is this clinic for?

This clinic is for adults who have had low back pain for less than 12 months. This includes the following:

- Low back pain that has lasted more than 6 weeks and has not improved.
- Low back pain that is hard to manage.
- Low back pain that comes and goes (recurrent).

What happens at the clinic?

One of our highly-trained physiotherapists checks your back. They give you an exercise plan and suggestions for what you can do to manage your pain.

If your pain is more complex, we connect you with our team of specialists. This team can include a pain specialist, another physiotherapist, and a surgeon if needed.

Do I need to pay?

No. Our services are free.

How can I get into the clinic?

You need a referral to get into the clinic.

- If you have a family doctor or nurse practitioner, ask them to give you a referral to the clinic. If they need a referral form, they can scan this QR code.



- If you do not have a family doctor or nurse practitioner, ask the Emergency Department team how to get a referral to the clinic.

Where can I get more information?

You can learn more about the clinic by going to fraserhealth.ca/LowBackPain or scanning the QR code below.



A physiotherapist is a licenced health care professional. They help you with pain, injuries, and movement problems.