

ACTION PLAN TEMPLATE

REMEMBER YOUR WHY

SEEK CARE WHEN NEEDED

I will:

- *go to the emergency department if I have back pain and can't walk, can't pee, can't feel the saddle area between my legs, can't control my bowels, or have weakness in both legs*
- *get cognitive behavioural therapy if I experience any yellow flags (unhelpful beliefs, low mood, fear avoidance, or preference for passive treatments)*
- *see my family doctor if a flare isn't getting better despite my efforts, or if it's getting worse, in 6 weeks*

TAKE ACTION DURING A FLARE

Learn about back pain

Stay active

Category	Difficulty	Solution
Activities of Daily Living		
Challenging Activities		
Sleep		
Socializing		
Work		
Other		

Question unhelpful beliefs: *from Chapter 5's action step on questioning unhelpful beliefs, write down what you want to remember when you have pain*

Medications

Medication	Dosage	Frequency per day	Duration
<i>Naproxen</i>	<i>220 mg</i>	<i>Once a day</i>	<i>Maximum of 3 days</i>

Other therapies

AIM TO PREVENT INJURY

My regular healthy habits

**Please focus on changing 1–2 at a time. Add another when the behaviour becomes second nature.*

Recreational substances:

Physical activity:

Sleep:

Socializing:

Work/Meaning:

My trigger management

Trigger	Duration/ Repetitions	Strategy