*Table 1- Clinical content for teaching diagnosis, treatment, and sports exercises for LBP and NP*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Subcategory of this axis** | **Data content** | **NICE guideline** | **Dutch Guideline** | **Algorithm by Stannon et al** | **Guideline of AMA & AAPM\*\*** | **Guideline of neck pain of APTA\*\*** | **The book by Paul William(1)** |
| Low back pain red flags | Intervertebral disc |  |  |  | + |  |  |
| Sacroiliac joint |  |  |  | + |  |  |
| Disc herniation |  |  |  | + |  |  |
| spinal stenosis |  |  |  | + |  |  |
| Spondylosis |  |  |  | + |  |  |
| cauda equina syndrome | + |  |  | + |  |  |
| Spinal fracture | + |  |  | + |  |  |
| cancer | + |  |  | + |  |  |
| infection | + |  |  | + |  |  |
| Non-specific back pain | + |  |  | + |  |  |
| Neck pain red flags | Common signs of neck pain |  |  |  |  | + |  |
| Common red flags of neck pain under 20 years old | + |  |  |  | + |  |
| General red flags of neck pain over 20 years | + |  |  |  | + |  |
| Other red flags | + |  |  |  | + |  |
| Diagnosis of different types of neck pain | Neck pain with mobility impairment |  |  |  |  | + |  |
| Neck pain with impaired movement coordination |  |  |  |  | + |  |
| Neck pain with headache |  |  |  |  | + |  |
| Painful neck pain |  |  |  |  | + |  |
| Low back pain treatment | Acceptance factors of stretching therapy |  | + | + | + |  |  |
| Acceptance factors for sports therapy |  | + | + | + |  |  |
| Acceptance factors of manual therapy |  | + | + | + |  |  |
| Acceptance factors for stabilization therapy |  | + | + | + |  |  |
| Factors rejecting traction therapy |  | + | + |  |  |  |
| Factors rejecting exercise therapy |  | + | + |  |  |  |
| Factors rejecting manual therapy |  | + | + |  |  |  |
| Factors rejecting stabilization therapy |  |  |  |  |  |  |
| Neck pain treatment | Neck pain with chronic-acute-subacute mobility disorder |  |  |  |  | + |  |
| Neck pain with chronic-acute-subacute movement coordination disorders |  |  |  |  | + |  |
| Neck pain with headache-chronic-acute-subacute |  |  |  |  | + |  |
| Neck pain with chronic-acute-subacute radicular pain distribution |  |  |  |  | + |  |
| Sports exercises | Back pain exercises |  |  |  |  |  | + |
| Neck pain exercises |  |  |  |  |  | + |
| \*\* American Medical Association and the American Academy of Pain Medicine  \*\* American Physical Therapy Association | | | | | | | |

1. Williams PC. Low back and neck pain: causes and conservative treatment: Charles C Thomas Pub Limited; 1974.