

Navigating this booklet



NEXT

Press the **NEXT icon** located on the top-right of the page to go to the next page.



BACK

Press the **BACK icon** located on the top-right of the page to go to the previous page.



MENU

Press the **MENU icon** located on the top-right of the page to jump to a specific page of this booklet.

Tick the boxes where you agree with the questions or statement.

Type in your answers or recommendations in the underlined forms.



To **download** this booklet to your computer, press the down arrow button on the Adobe Reader navigation menu in your browser.

How to use this booklet?

FOR HEALTH PRACTITIONERS

This digital booklet is designed to be used by the health practitioner during consultation and given to the patient to take home to help provide information, advice, and a management plan relevant to the patient's low back pain.

To use this booklet, follow the steps below:

- 1** Download and save this booklet to your local computer.
- 2** Open the booklet in the [Adobe Reader](#) app.
- 3** Review the information with the patient.
- 4** Fill in the forms with the patient's information.
And, write your recommendations for the patient in the provided space.
- 5** You don't need to save the booklet each time you fill it in.
- 6** To share this booklet with the patient **with the completed information but without saving** the PDF, use one of the following options:
 1. Press the **Attach in Email** button below. This only works on Adobe Acrobat or Adobe Reader.
 2. To print the booklet, press the **Print** button below.
- 7** If you need to manually insert this booklet **as an email attachment**, you will need to save a copy of the booklet with the completed changes.

To save, go to **File > Save as** and save the booklet with a **unique file name**. We recommend to use a different file name each time you save the booklet.