

Educational Resources for Back Pain Treatment Information

MVP's Back Care Program

MVP's back care program was created to assist members who are living with chronic low Back Pain to provide them with the information and strategies needed to attain an optimum level of functioning. As part of the program, a registered nurse works as a personal health coach to help people through the development of an individualized plan. Call MVP at 1 (866) 942-7966.

MVP Health Care Online Health Library

MVP's web site contains an online health library supported by Healthwise® as well as additional information from our Back Care program. Visit the web site at www.mvphealthcare.com and follow the links to topics of interest.

Additional Web Sites* with Low Back Pain Treatment Information

The web sites listed below are additional sources of low back pain treatment information.

- American Academy of Pain Management:

www.aapainmanage.org/

- Institute for Clinical Systems

http://www.icsi.org/guidelines_and_more/gl_os_prot/

Other resources available which also may be useful are:

A pain diary for patients to report their pain level, a tip sheet for caring for back pain flare-ups, and a pain sensation scale for patients to help rate their pain can be found in the Back Pain section of this manual under Useful Information for Patients.

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