

Appendix 1: Resources for physicians, nurses, physiotherapists, pharmacists and patients

- Choosing Wisely Canada (www.choosingwiselycanada.org)
- TOP (Toward Optimized Practice) Alberta evidence-informed primary care management of low-back pain: www.topalbertadoctors.org/cpgs/885801
- CORE (Clinically Organized Relevant Exam) Back Tool: www.effectivepractice.org/site/ywd_effectivepractice/assets/pdf/2._core_tool_eng.pdf
- Cochrane Back and Neck systematic reviews: <http://back.cochrane.org/>
- RxFiles: www.rxfiles.ca/rxfiles/
- Opioid Manager (app for physicians) and My Opioid Manager (app for patients): www.opioidmanager.com
- YouTube video on low-back pain, by Dr. Mike Evans: <https://www.youtube.com/watch?v=BOjTegn9RuY>