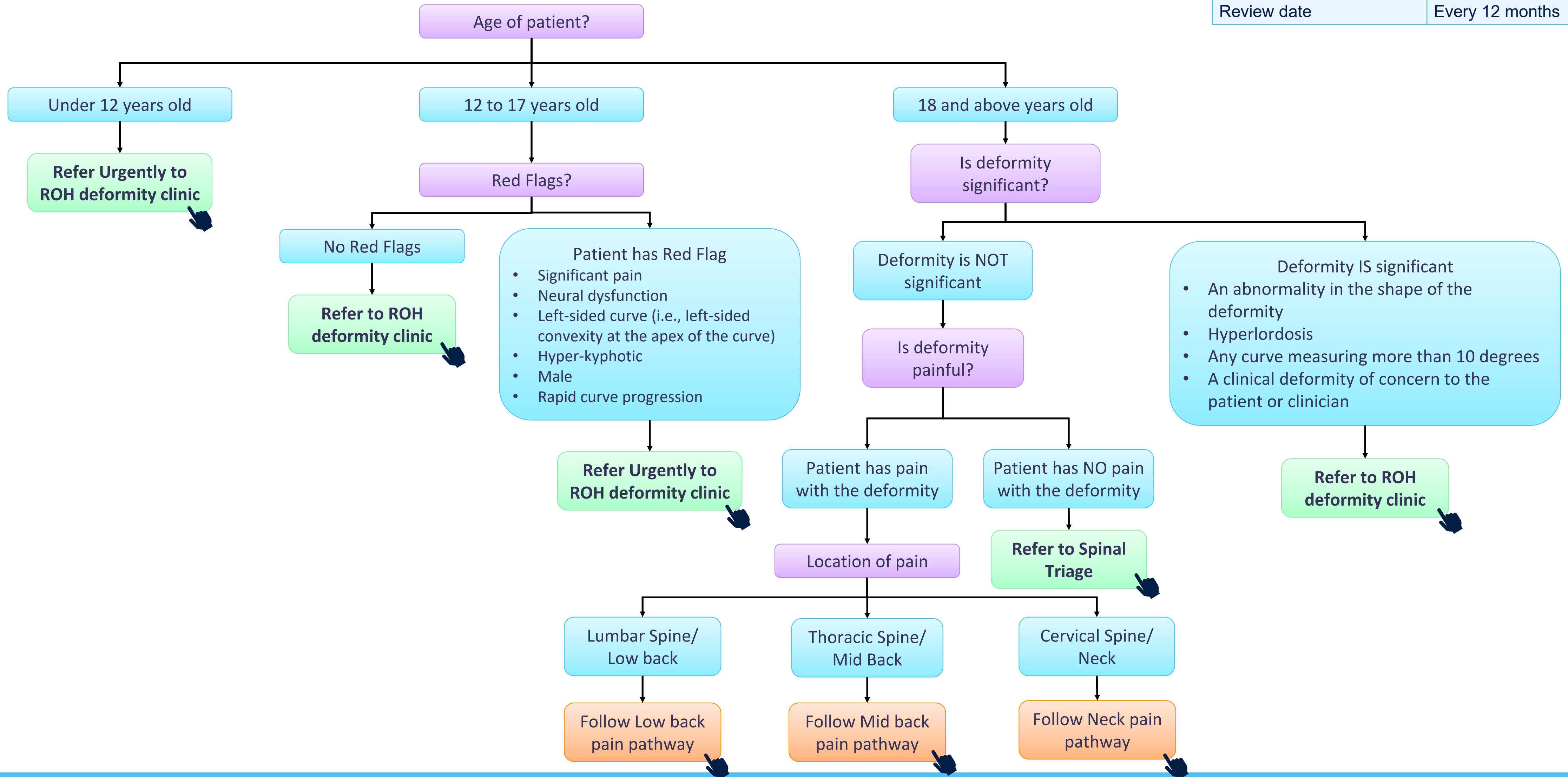


Spinal Deformity Pathway

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Refer to ROH Deformity Clinic

Please refer your patient urgently to the ROH Deformity Clinic.

Contact details are

- Spinal Deformity Clinic, Royal Orthopaedic Hospital, Bristol Rd South, Birmingham, B31 2AP

Messaging for patient

- Sometimes the bones in the spine can form an abnormal curve.
- There are different causes and types of curves, and you are being referred to a clinic to assess this further.
- Most curves are not a sign of any serious problem, but it is recommended you have an assessment by a specialist

Additional information

- [Scoliosis research society](#)



Referral to Spinal Triage

Provide guidance on work activities and provide a fit note, where appropriate

Safety net for urgent clinical review regarding cauda equina or other red flags [CES Card](#)

Messaging for patients

- A Spinal Triage assessment, including the use of imaging (X-Rays or MRI scans) where required, can provide specialist assessment and advice regarding future care.
- Imaging is **NOT** routinely needed for deformity [Best MSK Health MRI guide](#)
- Where imaging is appropriate that it will be arranged by the spinal triage clinician.
- Whilst you are waiting for your Spinal Triage appointment, try and keep active and take gentle exercise:
- Protecting your back and avoiding movement can make you worse
- It is very rare to do permanent damage to your back
- Please come back to/contact your GP or FCP if your symptoms significantly worsen

Additional information

- [NICE LBP and Sciatica in over 16s](#)
- [Exercises for your back pain](#)
- [The active wellbeing society](#)