Musculoskeletal Clinical Translation Framework

Individual’s Perspective
- Individual’s Problem/s
- Functional Capacity
- Goals/Expectations

Diagnosis
- Specific Diagnosis
- Non-Specific Diagnosis
- Red Flags

Stage of Disorder
- Acute
- Sub-acute
- Recurrent
- Chronic/Persistent

Pain Features
- Types: Nociceptive, Neuropathic, Nociplastic, Mixed
- Characteristics: Mechanical
- Sensitisation: Low
- Non-Mechanical

Psychosocial Considerations (Yellow Flags)
- Cognitive Factors: Low
- Affective Factors: Low
- Social Factors: Low

Work Considerations (Blue & Black Flags)
- Workplace Factors: Low
- High

Lifestyle Considerations
- Lifestyle Factors: Low
- High

Whole Person Considerations
- General Health & Co-Morbidities: Low
- High

Clinical Decision Making
- Helpful (Protective)
- Unhelpful (Provocative)
- Impairment of Movement
- Impairment of Control
- Pain Behaviours
- De-conditioning
- Diagnosis
- Stage
- Important Contributing Factors

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