

SPINAL PAIN RESOURCES IN OTHER LANGUAGES: Compiled by the Practice Development Team 2021

LBP advice in multiple languages

SOURCE	LANGUAGE/S	URL	DESCRIPTION
NHS GGC	German, Turkish, Urdu, Farsi, Arabic	<a href="http://www.staffnet.ggc.scot.nhs.uk/Acute/Rehab%20Assessment/Low%20Back%20Pain/Pages/GGBPSBackPainAdviceSheets(IncludingForeignLanguageVersions).aspx">http://www.staffnet.ggc.scot.nhs.uk/Acute/Rehab%20Assessment/Low%20Back%20Pain/Pages/GGBPSBackPainAdviceSheets(IncludingForeignLanguageVersions).aspx</a>	GGBPS Acute Low Back Pain Advice Sheet
St Georges NHS England	Urdu	<a href="https://www.stgeorges.nhs.uk/wp-content/uploads/2020/09/LBP-Urdu-1.pdf">https://www.stgeorges.nhs.uk/wp-content/uploads/2020/09/LBP-Urdu-1.pdf</a>	Low Back Pain Information Leaflet
Australian government	Arabic, Chinese (2 versions), Greek, Korean, Vietnamese	<a href="https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&amp;s=Emergency_Department_-_acute_low_back_pain_patient_fact_sheets">https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&amp;s=Emergency_Department_-_acute_low_back_pain_patient_fact_sheets</a>	Acute low back pain advice – 2 pages: one with advice, one with exercises.
MedlinePlus – U.S. National Library of Medicine	Arabic, Chinese (2 versions), French, Hindi, Japanese, Korean, Nepali, Russian, Somali, Spanish, Ukrainian, Vietnamese	<a href="https://medlineplus.gov/languages/backpain.html">https://medlineplus.gov/languages/backpain.html</a>	Back Pain (Do's and Don'ts, Exercises) – Good exercises but the 'Do's and Don'ts' advice is a bit dated and may not be appropriate.
NHS Inform	Polish	<a href="http://www.knowledge.scot.nhs.uk">http://www.knowledge.scot.nhs.uk</a>	Low Back Pain Information Leaflet

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		<a href="https://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092399/c59c6631-b078-4028-a7f1-71d365331426.pdf">s.uk/media/CLT/ResourceUploads/4092399/c59c6631-b078-4028-a7f1-71d365331426.pdf</a>	
NHS Inform	Arabic	<a href="http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092394/b76e0ecd-8ed3-45d5-8905-493ec4abf994.pdf">http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092394/b76e0ecd-8ed3-45d5-8905-493ec4abf994.pdf</a>	Low Back Pain Information Leaflet
NHS Inform	Punjabi	<a href="http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092400/a3ec8b77-1aa0-4613-bc24-ea4f04a40bea.pdf">http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092400/a3ec8b77-1aa0-4613-bc24-ea4f04a40bea.pdf</a>	Low Back Pain Information Leaflet
NHS Inform	Chinese (Mandarin / Modern standard)	<a href="http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092396/e83c9011-fbf2-4dac-ba02-aa7ad927dc3f.pdf">http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092396/e83c9011-fbf2-4dac-ba02-aa7ad927dc3f.pdf</a>	Low Back Pain Information Leaflet
NHS Inform	Chinese (Cantonese)	<a href="http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092395/a47a326e-e13b-422f-8d27-adca18264e7d.pdf">http://www.knowledge.scot.nhs.uk/media/CLT/ResourceUploads/4092395/a47a326e-e13b-422f-8d27-adca18264e7d.pdf</a>	Low Back Pain Information Leaflet

Safety Netting (CES)

SOURCE	LANGUAGE/S	URL	DESCRIPTION
NHS GGC	Arabic, Mandarin, Polish, Punjabi, Slovak, Urdu	<a href="http://www.staffnet.ggc.scot.nhs.uk/acute/rehab%20assessment/low%20back%20pain/Documents/Forms/AllItems.aspx">http://www.staffnet.ggc.scot.nhs.uk/acute/rehab%20assessment/low%20back%20pain/Documents/Forms/AllItems.aspx</a>	Cauda Equina Warning Sheet

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Dynamic Health	30 different languages	<a href="https://www.eoemskservice.nhs.uk/advice-and-leaflets/lower-back/cauda-equina">https://www.eoemskservice.nhs.uk/advice-and-leaflets/lower-back/cauda-equina</a>	Cauda Equina card – already in Lumbar SSM node.
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Imaging

SOURCE	LANGUAGE/S	URL	DESCRIPTION
Choosing wisely - Canada	French, Arabic, Punjabi, Simplified Chinese, Spanish, Tagalog	<a href="https://choosingwiselycanada.org/imaging-tests-lower-back-pain/">https://choosingwiselycanada.org/imaging-tests-lower-back-pain/</a>	Imaging Tests for Lower Back Pain: When you need them and when you don't

Pain education

SOURCE	LANGUAGE/S	URL	DESCRIPTION
Brainman on YouTube	French, Portuguese, Italian, Norwegian, Arabic, Hebrew, Chinese, Japanese, German	<a href="https://www.youtube.com/user/HunterBrainman/videos">https://www.youtube.com/user/HunterBrainman/videos</a>	Understanding Pain in Less Than 5 minutes, Brainman Stops His Opioids, and Brainman Chooses
Pain Management Network	English, Arabic, Chinese, Greek, Vietnamese, Cantonese (Pain	<a href="https://www.aci.health.nsw.gov.au/chronic-pain/translated-resources">https://www.aci.health.nsw.gov.au/chronic-pain/translated-resources</a>	Pain toolkit, Brief Education Manual, Quick relaxation techniques, A Practical Guide About a Good Night's Sleep

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	video only)		
St Georges NHS England	Urdu	<a href="https://www.stgeorges.nhs.uk/wp-content/uploads/2020/09/Understanding-Chronic-Pain-Urdu-1.pdf">https://www.stgeorges.nhs.uk/wp-content/uploads/2020/09/Understanding-Chronic-Pain-Urdu-1.pdf</a>	Understanding Chronic Pain
St Georges NHS England	Urdu	<a href="https://youtu.be/4OSpSdqd6u0">https://youtu.be/4OSpSdqd6u0</a>	Pain Toolkit video
St Georges NHS England	Arabic, Austrian, Dutch, French, German, Gujarati, Italian, Polish, Portuguese, Spanish, Swedish, Urdu	<a href="https://www.stgeorges.nhs.uk/service/musculoskeletal-outpatient-physiotherapy/resources-for-patients-start-your-recovery-today/pain-management-resources-in-other-languages/">https://www.stgeorges.nhs.uk/service/musculoskeletal-outpatient-physiotherapy/resources-for-patients-start-your-recovery-today/pain-management-resources-in-other-languages/</a>	Pain toolkit - PDF