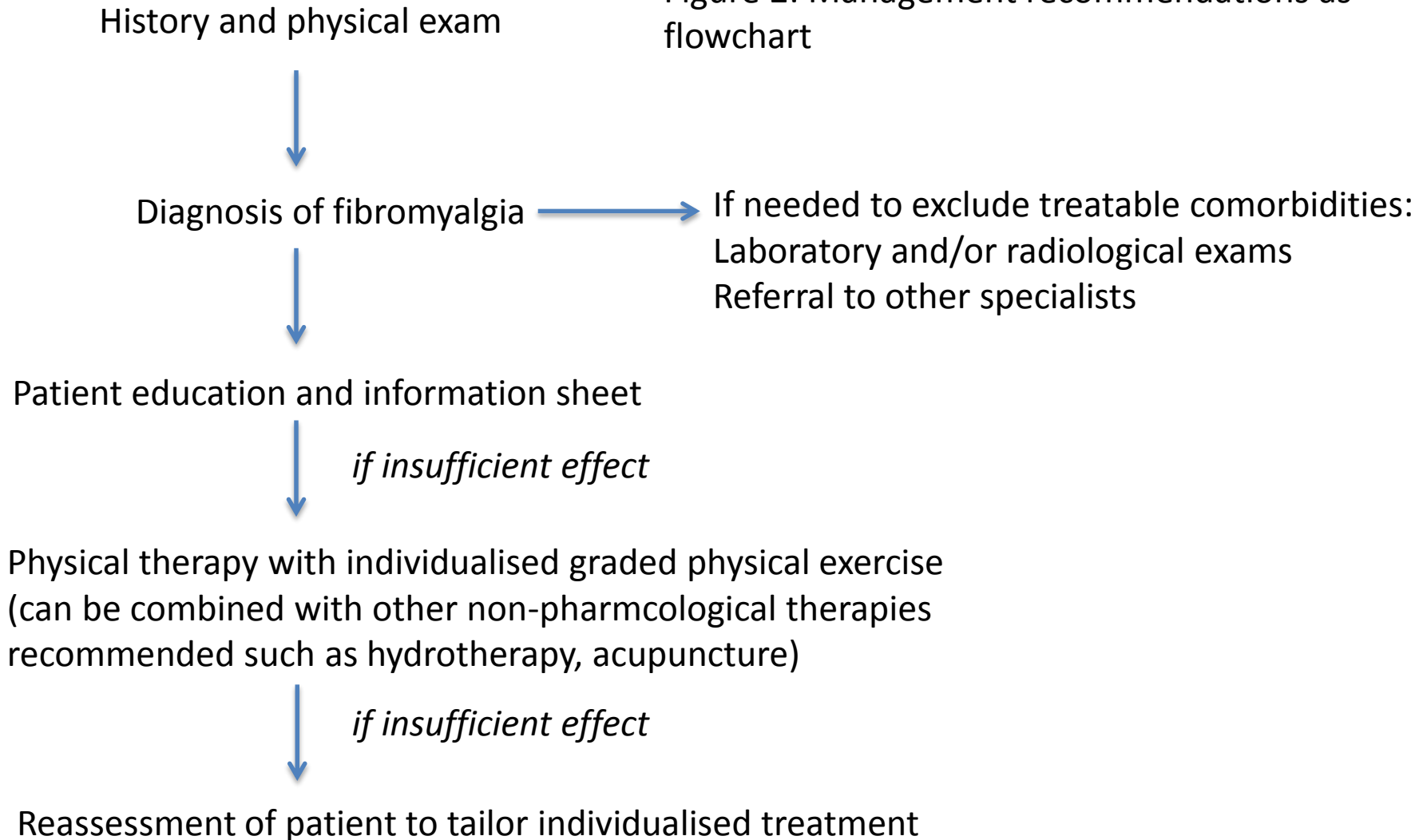


Figure 2: Management recommendations as flowchart



Additional individualised treatment



Pain related depression,
anxiety,
catastrophizing,
overly passive
or active coping



Psychological therapies, mainly
CBT (for more severe depression
/anxiety consider
psychopharmacological treatment)

Severe pain/
sleep disturbance



Pharmacotherapy



Severe disability,
sick-leave



Multimodal rehabilitation
programs

Severe pain

Duloxetine
Pregabalin
Tramadol (or in combination
with paracetamol)

Severe sleep problems

Low dose
Amitriptyline,
Cyclobenzaprine or
Pregabalin at night