Musculoskeletal Clinical Translation Framework

Individual's Perspective

- Individual's Problem/s
- Functional Capacity
- Goals/ Expectations

Diagnosis

- Specific Diagnosis
- Non-Specific Diagnosis
- Red Flags
- Contribution of Pathology/Disease: Low — High

Stage of Disorder

- Acute
- Sub-acute
- Recurrent
- Chronic/ Persistent

Pain Features

- Types: Nociceptive, Neuropathic, Nociplastic, Mixed
- Characteristics: Mechanical — Non-Mechanical
- Sensitisation: Low — High

Psychosocial Considerations (Yellow Flags)

- Cognitive Factors: Low — High
- Affective Factors: Low — High
- Social Factors: Low — High

Workplace Considerations
Blue & Black Flags

- Workplace Factors: Low — High

Lifestyle Considerations

- Lifestyle Factors: Low — High

Whole Person Considerations

- General Health & Co-Morbidities: Low — High

Functional Behaviours

- Impairment of Movement — Impairment of Control — Impairment of Loading — Pain Behaviours — De-conditioning
- Helpful (Protective) — Unhelpful (Provocative)

Clinical Decision Making

- Diagnosis — Stage — Important contributing factors
- Prognosis: Uncomplicated — Complicated — Time Frame

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