

# Checklist – Preparing for your doctor’s appointment

This checklist may help you discuss your symptoms and medical history more clearly with your doctor. It can support a conversation about possible causes of chronic lower back pain.

This checklist does **not replace medical advice**.

---

## 1. Your symptoms

Try to note your symptoms as clearly as possible:

- When did your symptoms start?
  - Where exactly is the pain located? (left, right, or center of the lower back)
  - Does the pain radiate to the buttock or leg?
  - Is the pain constant or does it come and go?
  - When do the symptoms become worse? (for example when standing, walking, or twisting)
  - What seems to relieve the pain?
- 

## 2. Your medical history

Make an overview of:

- previous diagnoses
- medical examinations
- treatments you have already tried

Examples may include:

- physiotherapy
- manual therapy
- injections
- pain medication
- other treatments

Also note which treatments helped and which did not.

---

## 3. Imaging

Have you had imaging before?

- MRI
- CT scan
- X-ray

If possible, bring:

- radiology reports
- imaging discs or digital files

You may want to ask your doctor:

- Is a **lumbosacral transitional vertebra (LSTV)** mentioned in the report?
- 

## 4. Questions you may want to ask your doctor

For example:

- Is a **lumbosacral transitional vertebra** visible on my imaging?
  - Is it mentioned in the radiology report?
  - Could this anatomical variation be related to my symptoms?
  - Is additional diagnostic testing needed?
  - Could a **diagnostic injection** help determine the source of the pain?
  - What treatment options are available?
- 

## 5. What to bring to your appointment

It may help to bring:

- radiology reports
  - previous treatment reports
  - a list of medications
  - a short description of your symptoms
- 

## Important

Not every lumbosacral transitional vertebra causes symptoms.

The clinical relevance of imaging findings must always be assessed by a medical professional in relation to your symptoms and medical history.