

# ASSESSMENT GUIDE

---

**Prepared for:** Test User

**Date:** August 9, 2025

**Initial Pain Score:** N/A/10

Developed by Bradley W. Carpentier, MD  
Board Certified Pain Management Specialist

## PainOptix™ Facet Arthropathy Education Guide

### Exploring Facet Joint Pain

Prepared for: General Use

Date: [date]

### Learn About Facet Joint Pain

Thank you for using PainOptix™, developed by Dr. Carpentier at DrCPainMD, to explore back pain

### How Your Input Relates

You indicated that your pain is in your lower back, possibly worsening with bending backward, standing,

or at the end of the day. These symptoms are commonly associated with facet arthropathy, so this guide

focuses on helping you understand this condition to discuss with a doctor [Chou et al., 2007].

### What Is Facet Arthropathy?

Facet arthropathy involves irritation or wear in the lumbar facet joints, small joints at the back of the

spine that guide movements like bending and twisting [Adams & Hutton, 1983]. It affects 15–45% of

people with chronic low back pain, especially those over 40 [Kalichman et al., 2008].

Common features

include:

- Symptoms: Low back pain, often on one side, sometimes spreading to the buttock or upper thigh (rarely below the knee). Pain may worsen with standing, arching backward, or transitioning from sitting to standing [Cohen & Raja, 2020].
- Relief: Sitting with lumbar support, leaning forward, or gentle walking may reduce discomfort [Chou et al., 2007].
- Other Signs: Morning stiffness or discomfort after prolonged rest, often improving with light movement [Kalichman et al., 2008].

Facet arthropathy is often caused by aging, repetitive stress (e.g., poor posture), or

injury. Most cases

improve within 6–12 weeks with conservative care [Manchikanti et al., 2010].

### When to Seek Help

Most back pain improves within 6–12 weeks, but contact a doctor promptly if you notice [Chou et al.,

2007; Downie et al., 2013]:

need immediate care (e.g., within hours for cauda equina syndrome, prevalence ~0.04%) [Chou et

al., 2007; Todd, 2005].

evaluation to rule out infection or malignancy [Downie et al., 2013].

### Help Improve This Tool

Share your experience on [PainCrowdsource.org](https://PainCrowdsource.org) to help researchers improve back pain education.

Answer questions like “Was this guide helpful?” or “Did you visit a doctor?” to support better tools. Your

anonymized feedback is secure and requires your consent.

### Stay Informed

Understanding facet arthropathy can help you discuss symptoms with a doctor. Bring this guide to your

appointment to support a thorough evaluation.

-The PainOptix Team

### Important Note

This basic guide provides general educational information only. For a comprehensive understanding of your condition, including detailed management strategies and exercises, consider our Enhanced or Monograph guides. Always consult a healthcare provider for proper evaluation and personalized medical advice.

© PainOptix™ - Basic Educational Guide