SHOULD I GET SPINE SURGERY?

Your decision readiness

PATIENT VIEW • Alex Morgan • Fictional example • 21 October 2026



GREEN
Prepared for discussion



YELLOW • YOUR SIGNAL
Questions to work through



RED
Talk together before deciding

Your next step is to work through a few questions and practical concerns with your care team.

Your goal: walk for 30 minutes with fewer stops. | Considering lumbar decompression.

Your six readiness domains

Domain	Signal	What you told us
Understanding	GREEN	I can explain the options.
Expectations	YELLOW	I expect all pain to disappear.
Risk concerns	YELLOW	A friend's story worries me.
Emotional readiness	YELLOW	Fear makes information harder to take in.
Practical preparation	YELLOW	I need a reliable plan for help at home.
Decision confidence	GREEN	I can discuss my priorities; I am undecided.

Your yellow priorities

You chose this order. Importance shows how much each concern affects your decision.

Your priority	Importance	Suggested learning or planning
1 Fear of a serious complication	9 / 10	Review Understanding surgical risks; write down questions for your surgeon.
2 Help during early recovery	8 / 10	Complete a recovery-support plan with a primary helper and a backup.
3 Expectation of complete pain relief	7 / 10	Review What surgery can and cannot fix; list hoped-for changes in walking and pain.

Bring this question to your visit

"How likely is treatment to improve my walking, and what symptoms might remain?"

A color describes decision preparation only. It does not judge whether surgery is appropriate, estimate risk or recommend treatment. Yellow invites support; red invites direct discussion. Choosing nonsurgical care can be an informed choice.