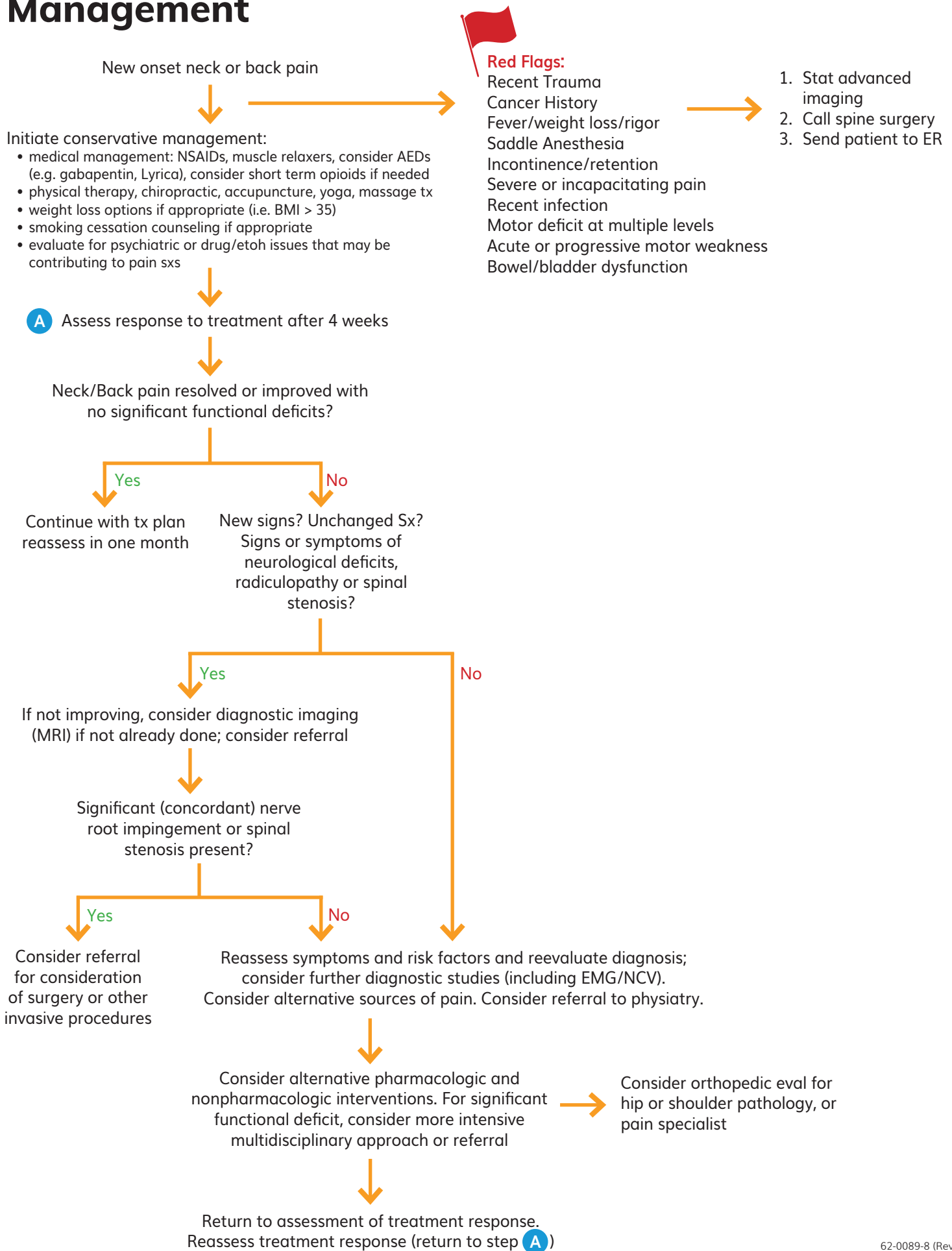


Adult Neck and Back Pain Management



Acute Low-Back Pain Guidelines

"Red Flag" screening refers to the need to evaluate for any alarming signs or symptoms requiring urgent or rapid evaluation and management, either with a surgical consultation or imaging. While the potential for these to occur is low, immediate evaluation should occur if encountered.

Possible Diagnosis	Red Flag Symptoms
Cauda Equina Syndrome	<ul style="list-style-type: none">• Saddle anesthesia• Motor deficit at multiple levels• Urinary retention• Fecal incontinence
Significant or Progressive Neurologic Deficits	<ul style="list-style-type: none">• Progressive motor weakness• Severe or incapacitating back or leg pain (can't walk, can't do ADL's, or hospitalization required)
Cancer	<ul style="list-style-type: none">• History of cancer with new onset low back pain• Unexplained weight loss• Age >50 ?
Vertebral Infections	<ul style="list-style-type: none">• Fever• IV Drug use• Recent infection
Vertebral Compression Fractures or Fracture Due to Acute Injury	<ul style="list-style-type: none">• History of osteoporosis• Use of corticosteroids• Older age
Extra-spinal conditions	<ul style="list-style-type: none">• Risk factors for vascular (AAA), GU, or GI issues

Referral:

We accept referrals through Epic or faxed to our office at 253-403-7278.