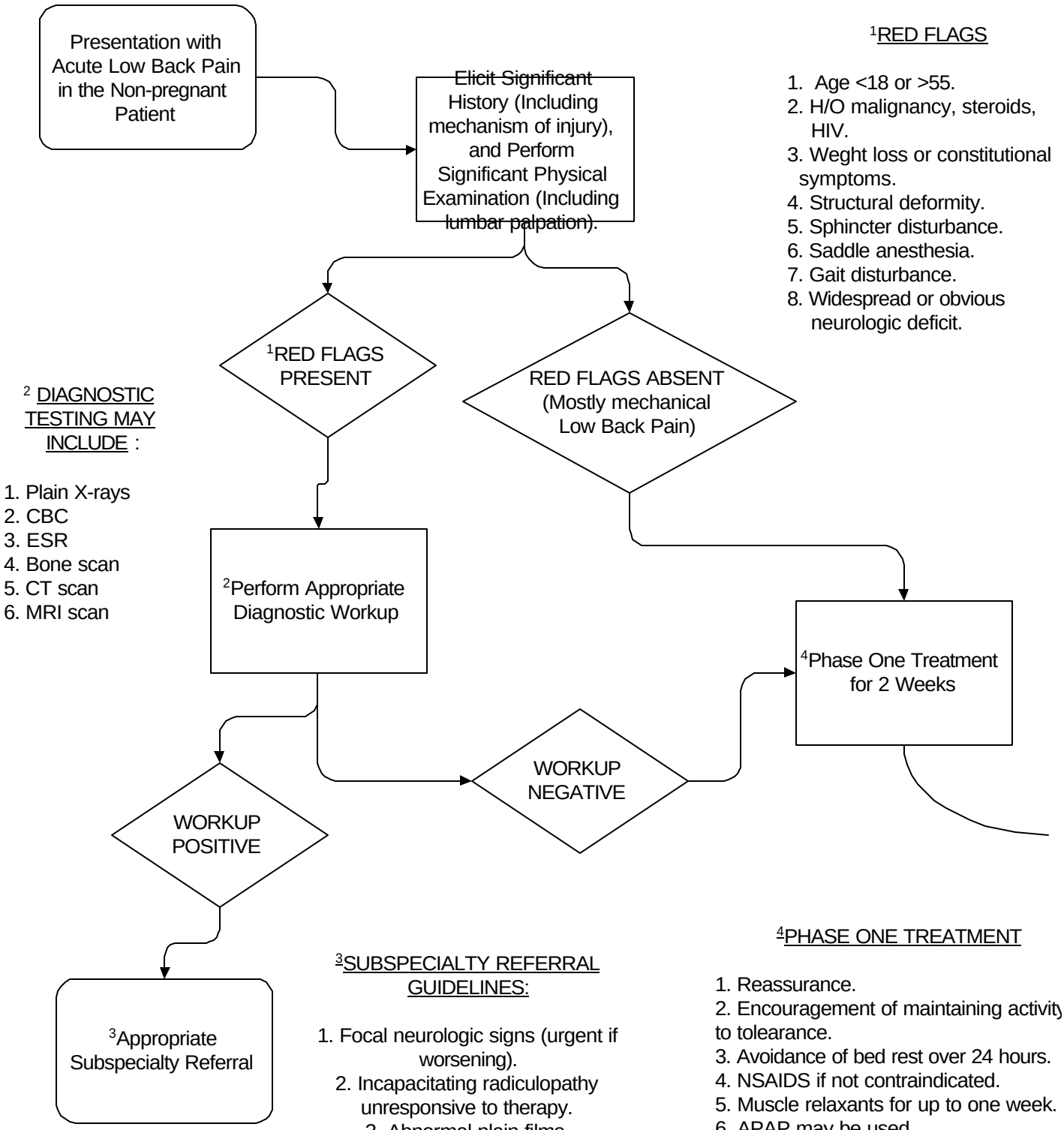
# MAMC LOW BACK PAIN TREATMENT ALGORITHM




[1]RED FLAGS

1. Age <18 or >55.
2. H/O malignancy, steroids, HIV.
3. Weght loss or constitutional symptoms.
4. Structural deformity.
5. Sphincter disturbance.
6. Saddle anesthesia.
7. Gait disturbance.
8. Widespread or obvious neurologic deficit.

[2] DIAGNOSTIC TESTING MAY INCLUDE :

1. Plain X-rays
2. CBC
3. ESR
4. Bone scan
5. CT scan
6. MRI scan

[3]SUBSPECIALTY REFERRAL GUIDELINES:

1. Focal neurologic signs (urgent if worsening).
2. Incapacitating radiculopathy unresponsive to therapy.
3. Abnormal plain films.
4. Loss of bladder or bowel control (urgent).
5.Extra-spinal conditions: GU, GI, Vascular, Neurological, Rheumatologic, Systemic.

[4]PHASE ONE TREATMENT

1. Reassurance.
2. Encouragement of maintaining activity to tolearance.
3. Avoidance of bed rest over 24 hours.
4. NSAIDS if not contraindicated.
5. Muscle relaxants for up to one week.
6. APAP may be used.
7. Weak opiates (codeine, propoxyphene may be used if not contraindicated.
8. Passive modalities (e.g.: ice, heat) as needed for symptomatic relief.