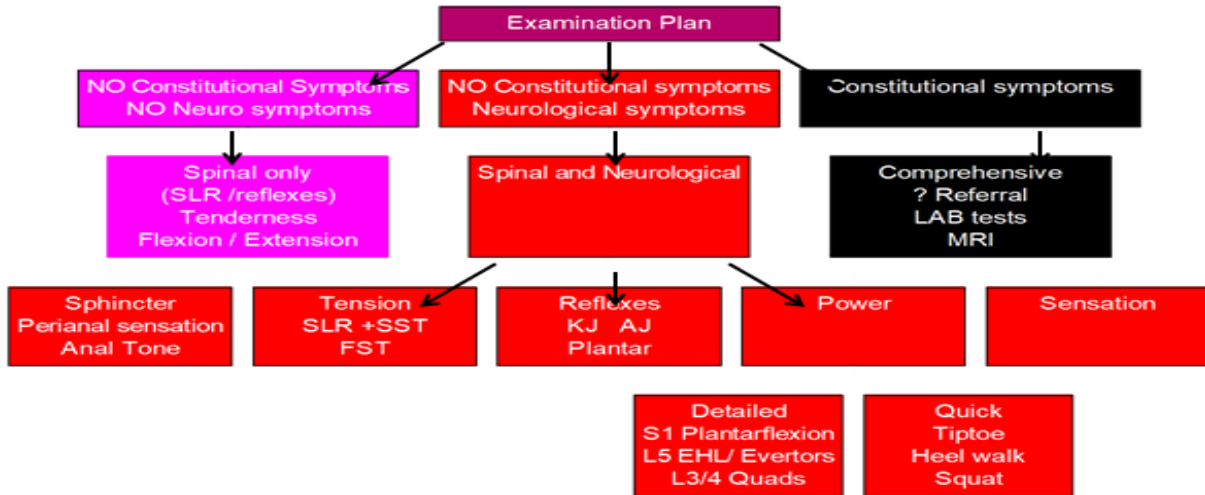


Examination in a short time

How to Examine



Back Pain – Yellow Flags

- Beliefs-Pain is dangerous
- Inappropriate illness behaviour
- Compensation
- Mood
- Employer issues

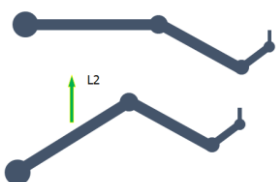
Back Pain- Red Flags

- Age-<12 and >50
- Type-Constant, unremitting
- Site-Thoracic
- Symptoms-Fever, wt loss
- PMH-Infection, Ca
- Large analgesic intake
- Night Pain
- Neurological symptoms or signs
- Painful Scoliosis

Examination – in a chair

- Watch them walk in
- Point to pain – tenderness
- SLR –may help in sciatica but doesn't exclude
- Power (myotomes): Unless patient complains of specific weakness...
 - Ankle dorsiflexion (L4)
 - EHL (L5)
 - Tip toe stance (S1)
- Reflex
- Pulses/Hips
- If suspect myelopathy:
 - Tone
 - Clonus
 - Plantars
 - Romberg's

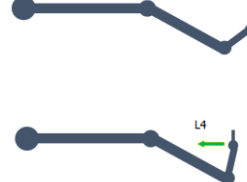
Myotomes- L2



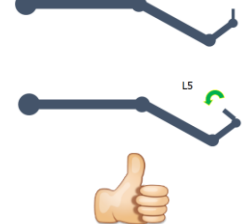
Myotomes- L3

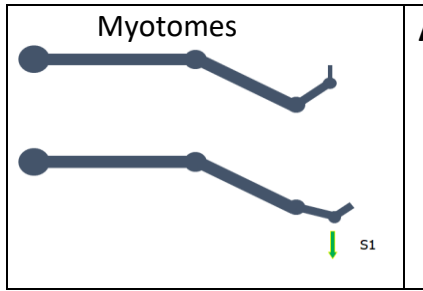


Myotomes- L4



Myotomes- L5





All in the History

- Where is the pain?
 - Back (Neck)
 - Buttock
 - Leg (Arm): distribution
 - % back v % leg eg 80% right leg: 20% back
- For how long?
- How severe is it and how disabling
- Weakness
- Bladder/Bowel function
- Medical co-morbidities