Patient presents with complaint of low back pain

H & P

Identifies type

Acute Musculoskeletal LBP

Acute on Chronic Musculoskeletal LBP

Trauma (i.e. history of direct trauma, mvc, or fall)

Neurological Deficit?

Obtain plain radiographs

Obtain plain radiographs if indicated

Fracture?

Yes

Consider laboratory/imaging
1. UA, CBC, Lipase, LFTs
2. CRP, ESR, PSA, Calcium
3. Plain radiographs
4. CT
5. Ultrasound

No

1. Immobilize, C-collar
2. Consult Trauma if indicated
3. Consult Spine
4. Obtain other imaging: CT, MRI
5. Dispo/TX determined with consultants

1. Consider ligamentous injury, consult Spine if indicated
2. Consider non-musculoskeletal trauma, consult Trauma if indicated
3. Go back to H&P
EmergencyKT: Low Back Pain, cont.

**Acute Musculoskeletal LBP**

**Discharge to Home**
1. F/U PMD 2-4 weeks
2. Establish Baseline
   1. PMD for LBP
   2. History of surgery
      2a. Where/When/Who?
   3. History of PMR
      3a. Where/When/Length?
   4. Compliance history
   5. Medication history
   6. Allergy history
   7. Work related injury?
   8. Pattern of ED use

**Red Flags Present?**
1. Consult Spine
2. Obtain imaging: CT, MRI

**Yes**
1. Consult Spine
2. Obtain imaging: CT, MRI

**No**
1. Discharge?
   - **Yes**: Consult Spine
   - **No**: Admit

**Acute on Chronic Musculoskeletal LBP**

**Establish Baseline**
1. PMD for LBP
2. History of surgery
2a. Where/When/Who?
3. History of PMR
3a. Where/When/Length?
4. Compliance history
5. Medication history
6. Allergy history
7. Work related injury?
8. Pattern of ED use

**New or Progressive Changes?**
1. Consult Spine
2. Obtain imaging: CT, MRI

**Discharge to Home**
1. F/U Spine/PMR
2. Fax referral to Spine/PMR
3. NSAIDS, APAP
4. Muscle relaxants
5. LBP instructions

**Yes**
1. Consult Spine
2. Obtain imaging: CT, MRI
3. Discharge?
   - **Yes**: Consult Spine
   - **No**: Admit

**No**
1. Consult Spine
2. Obtain imaging: CT, MRI
3. Discharge?
   - **Yes**: Consult Spine
   - **No**: Admit

**Red Flags or Changes**
1. Weakness
2. Neurological dysfunction
3. Bowel/bladder habit changes
4. Intractable pain
5. LBP instructions

**Discharge to Home**
1. F/U PMD 2-4 weeks
2. If no PMD, then F/U PMR 4-6 weeks
3. Fax PMR referral
4. Muscle relaxants
5. LBP instructions

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