

Management of Back Pain

Author: Dr. David Urquia

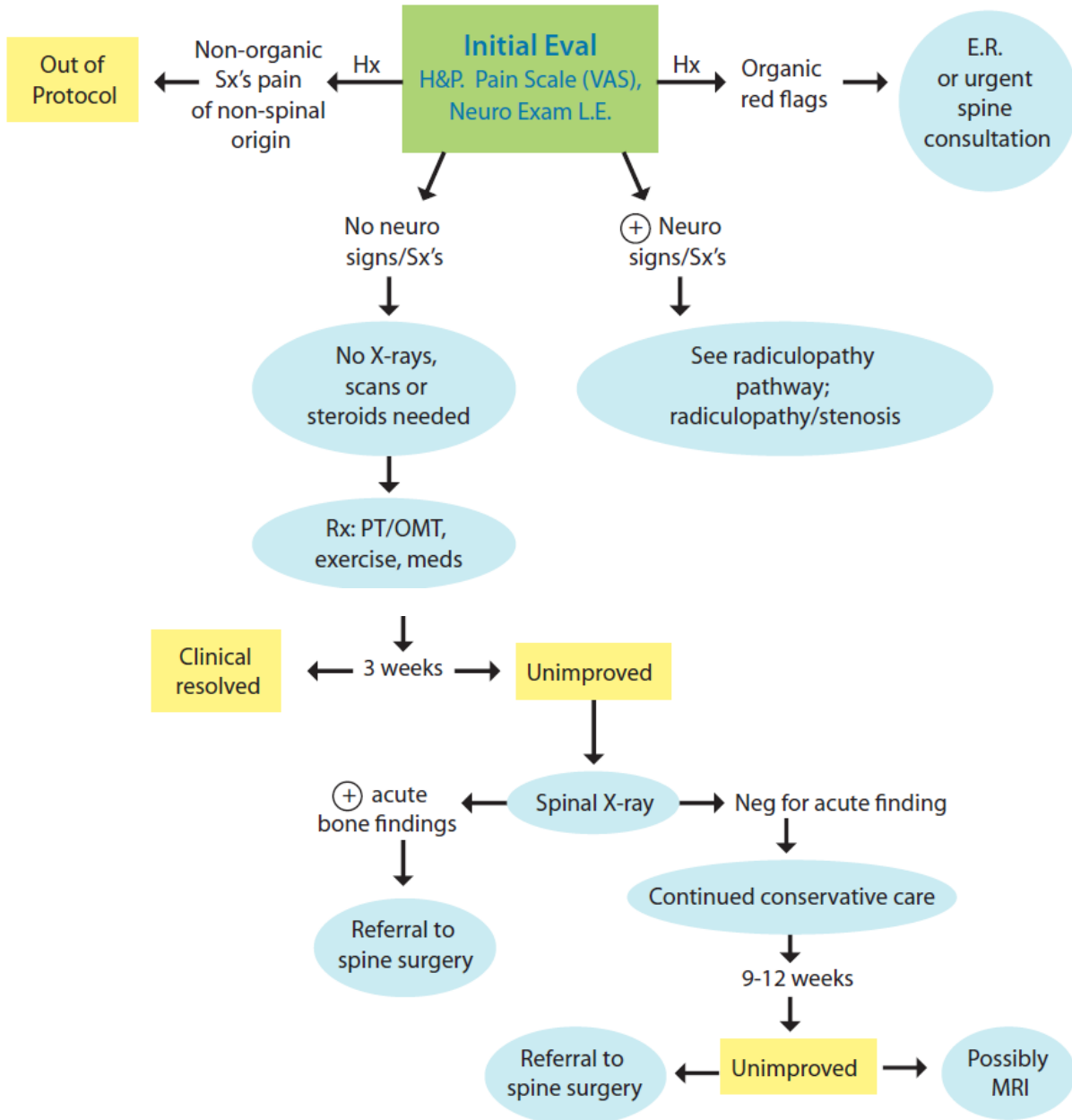
3/2014

Reviewed: 7/2016

Back Pain

(Thoraco-Lumbar)

Acute (<3 weeks) • **Sub-Acute** (3-12 weeks)



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Comments:

1. Soft sensory findings and/or reflex changes in absence of motor findings on P.E.
— no need for more urgent surgical referral.
2. Algorithm for **neck pain** same as back pain, except be aware cervical spine can produce different neurological picture due to cord.
3. ESI not part of back pain protocol. Facet injections controversial (usually only for chronic pain).
4. If narcotics used acutely, goal is for <4 weeks duration, even if no improvement in pain scores.
5. Remember the concept of spinal “referred pain.”

ESI = Epidural Steroid Injection

VAS = Visual Analog Scale



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