

OBJECTIVE ASSESSMENTS



HIV



nocturnal pain/ drop attacks



speaking/ swallowing problem



dizziness



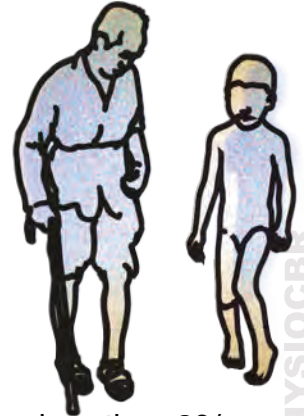
cancer/ inflammatory arthritis



TB



weight loss/ fevers



less than 20/ more than 55



double vision



severe pain



spinal cord compression



significant vertebral tenderness



Neck trauma/ surgery



preceding trauma or neck surgery



bladder/ bowel incontinence



loss of feeling in both legs

Please seek medical help if any of the above apply or else continue when you have checked that none do.

1 Has there been a recent accident, fall or trauma?



▶ 18



▶ 2



PHYSIOCBR

2 Has there been a sudden onset of low back pain following an action of lifting or twisting?



▶ 3



▶ 11



PHYSIOCBR

3 Bending forwards, is it painful?

3



▶ 6



▶ 4



PHYSIOCBR

4 Bending backwards, is it painful?

4



▶ 11



▶ 5



PHYSIOCBR

Bending to the right and left, is it painful?



14

11

PHYSIOCBR

Is the patient standing with a lateral pelvic shift?



7

8

PHYSIOCBR

Palpate Lumbar segments, is it painful?



8

17

PHYSIOCBR

Sitting slouched, straighten patient's leg, lift toes, and bend head forward. Is it painful or is altered sensation felt? (slump test)



9

14

PHYSIOCBR

When therapist lifts painful leg straight up into the air, is it painful or is altered sensation felt? Patient may lift head to test further.

9



10



14



PHYSIOCBR

Test reflexes, myotomes and dermatomes. Are some positive? (refer to library for tests)

10

L4, 5



S1, 2



Disc pain



14



PHYSIOCBR

Palpate Lx segments, is it painful and is stiffness felt?

11



12



15



PHYSIOCBR

Is patient over 50yrs old?

12



Facet joint pain

0-50



13

50+

PHYSIOCBR

When walking up hill or bent forward, is it less painful?

13



▶ osteoarthritis

▶ Lumbar stenosis



PHYSIOCBR

Is increased muscle tension evident in muscles along the back?

14



▶ 15

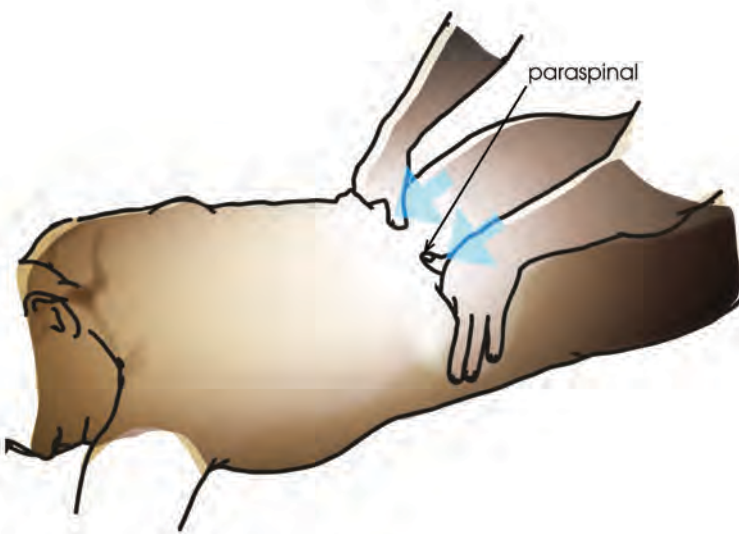
▶ 17



PHYSIOCBR

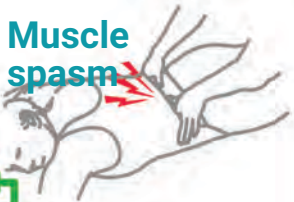
Feel the muscle bellies along the lower spine and above the pelvis is it painful to touch?

15



▶ Muscle spasm

▶ 17



PHYSIOCBR

Is the lumbar segment painful to tap locally?

16



▶ 18

▶ 3



PHYSIOCBR

Pick up skin, and roll it between fingers. Does it feel painful and tight?

17

fascia (soft tissue)

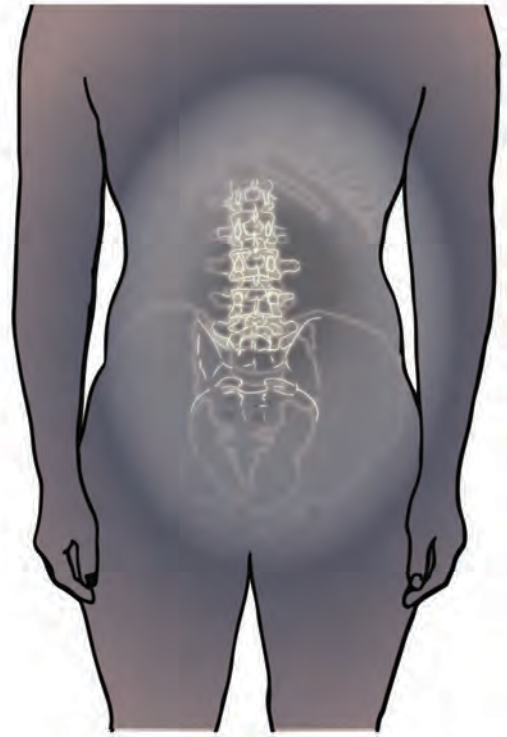


Myofascial tightness

end

Has the patient had an x-ray?

18

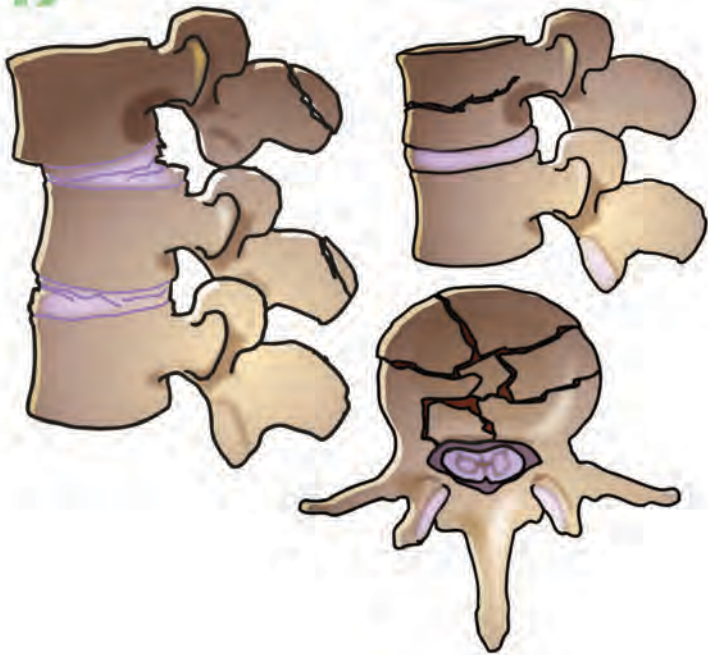


Immobilise, go to hospital

19

Did the x-ray indicate a fracture?

19



20

2

Is the fracture unstable?

20



Unstable, proceed to treatment

stable, proceed to treatment