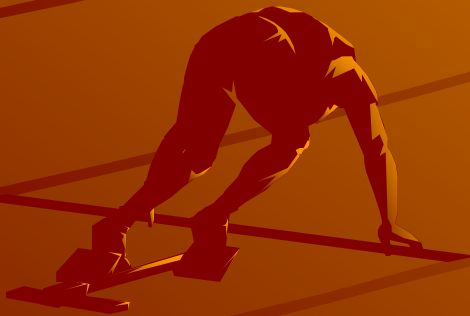


Is it Low Back Pain—or—
LOW BACK PAIN

How Do I Tell??



Dr. Jeff Graff

Division of Emergency Medicine

NorthShore University HealthSystem

Clinical Professor

University of Chicago

Pritzger School of Medicine



THIS LECTURE WILL BE
ABOUT FUN



THIS LECTURE WILL BE
ABOUT FUNDAMENTALS



Now let's talk about Low Back Pain— Why you are Here


Causes

Evaluation

Treatment



Etiology- Many Possibilities

- ◆ Back strain
 - ◆ Trauma- Fracture or subluxation
 - ◆ Congenital disorder
 - ◆ Scoliosis
 - ◆ Disc Disease
 - ◆ Infection
- 

Stratification is Critical

- ◆ Especially in the elderly, back pain may be more serious than you initially think –
- ◆ Aneurysm
- ◆ Osseous malignancy- primary or secondary- I have examples
- ◆ Epidural abscess- there have been a bunch

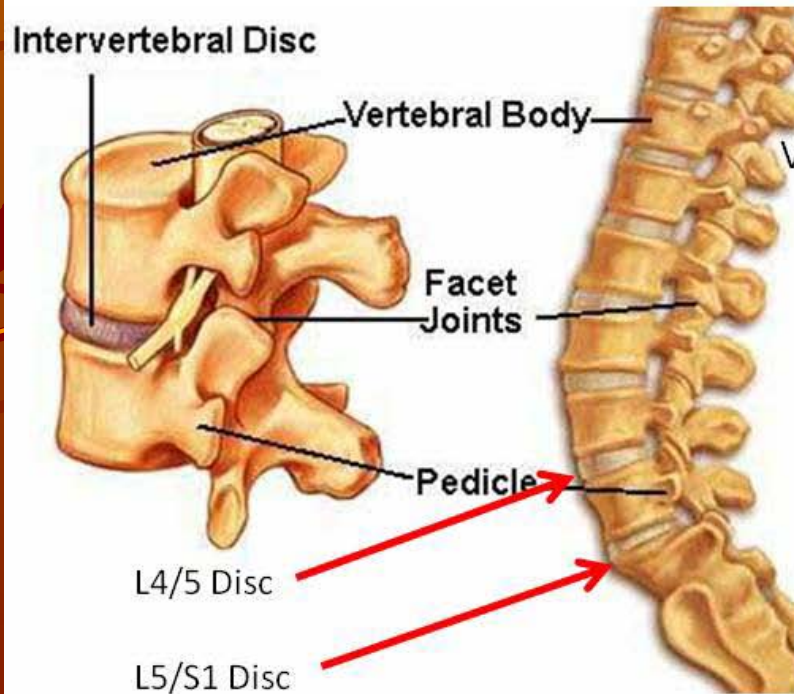
Stratification-How

- ◆ Go back to the beginning of the lecture
- ◆ Basics/fundamentals
- ◆ History- a good one, not necessarily a long one
- ◆ Physical- always, always be aware of vitals
- ◆ Labs and x-ray will be dictated by above

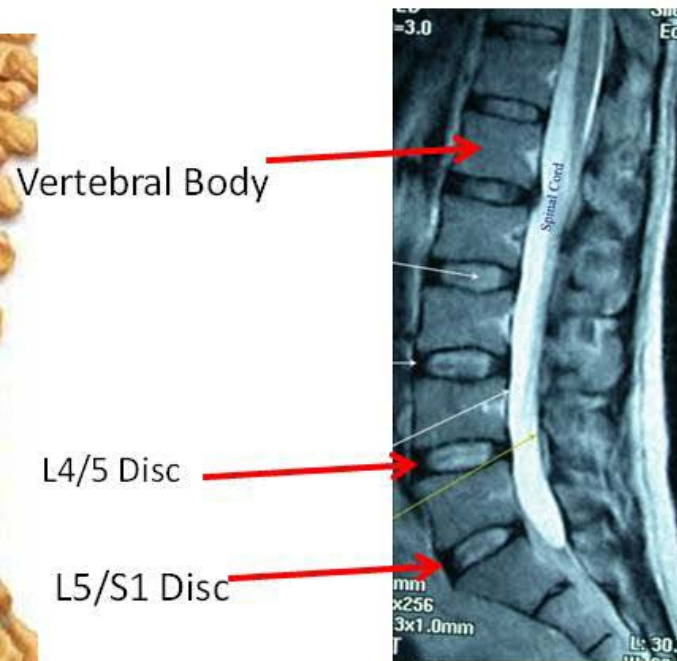
Basic Anatomy

Basics of the Lumbar Spine

Lumbar Spine



MRI of Normal Spine



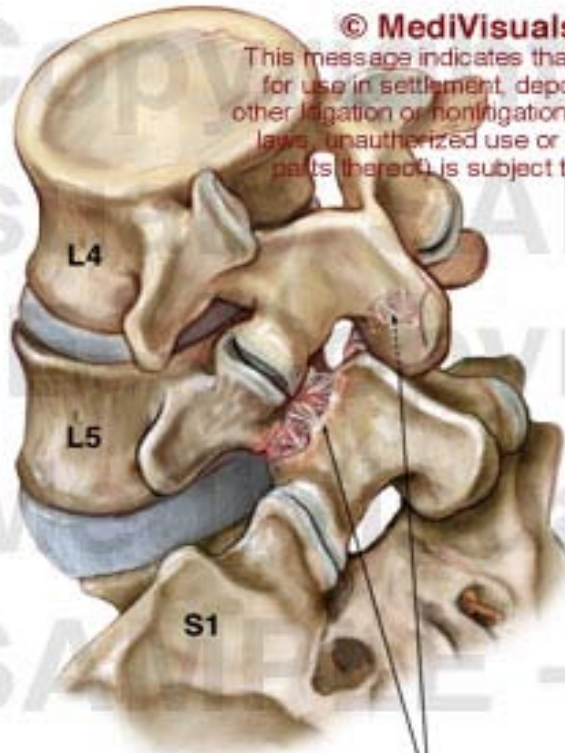
Dermatomes



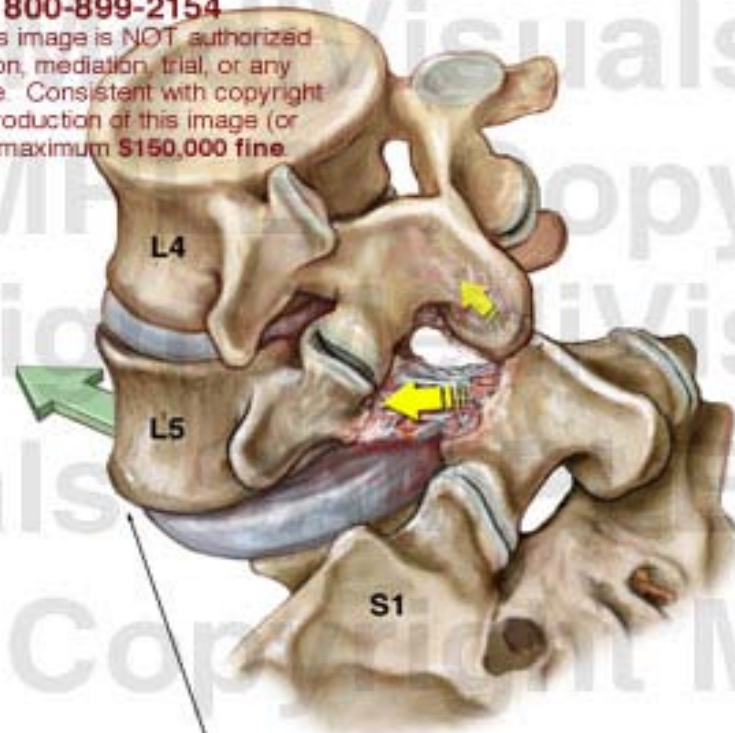
Congenital Disorder- Spondy...*

Spondylolysis:

Spondylolisthesis:



Separation Leaving a Flexible Defect Bridged by Fibrocartilage



Slippage of a Vertebral Body L5 over S1 (Anterolisthesis)

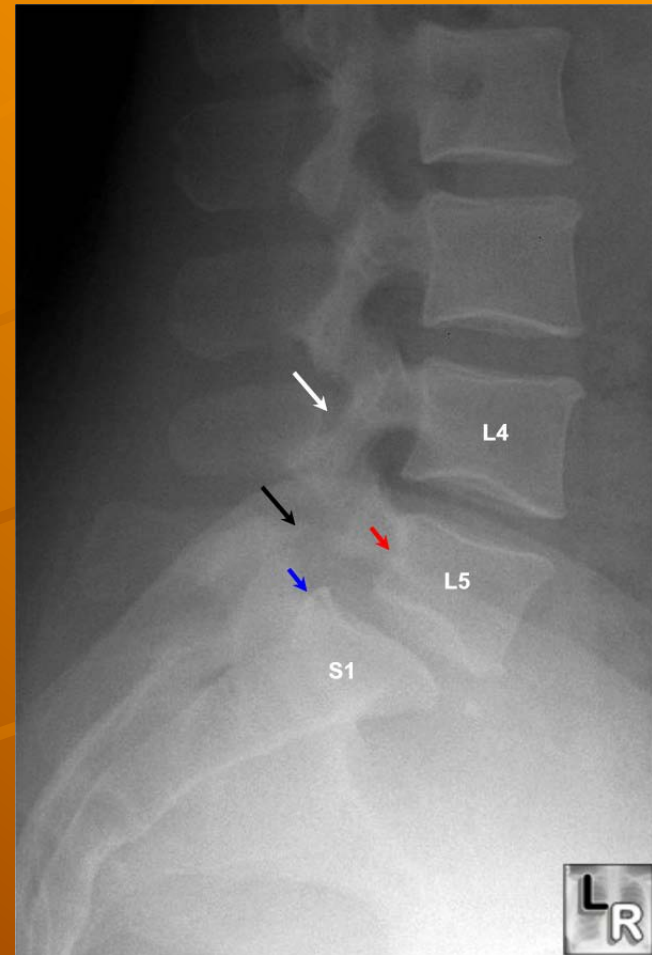
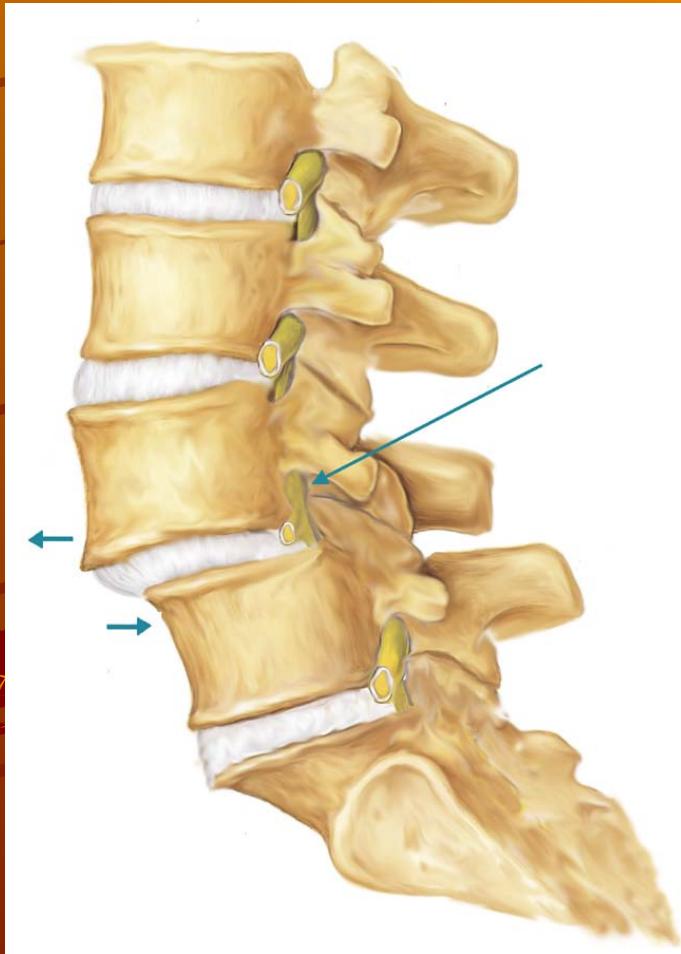
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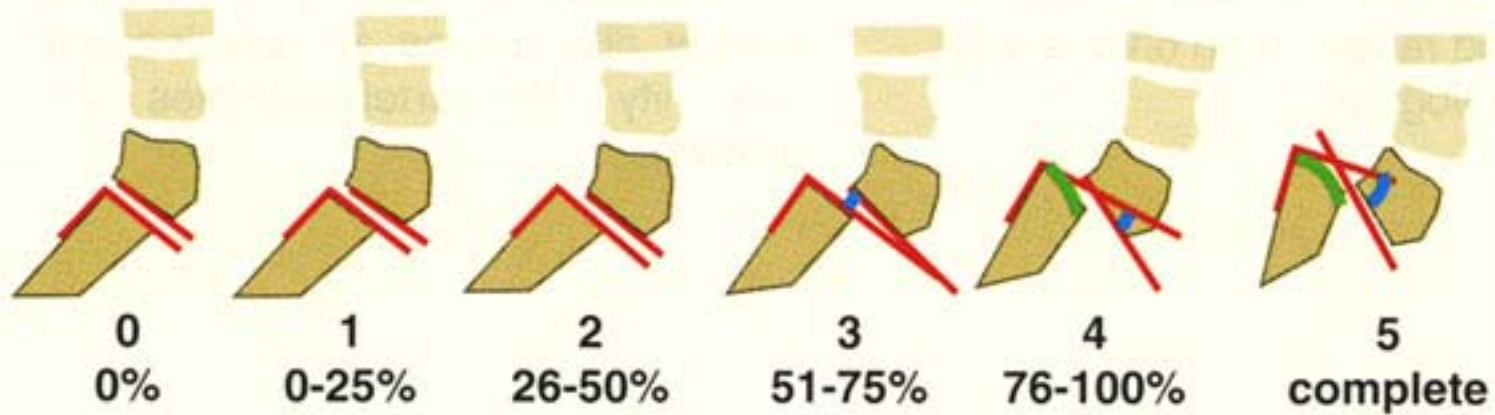
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Spondylolisthesis



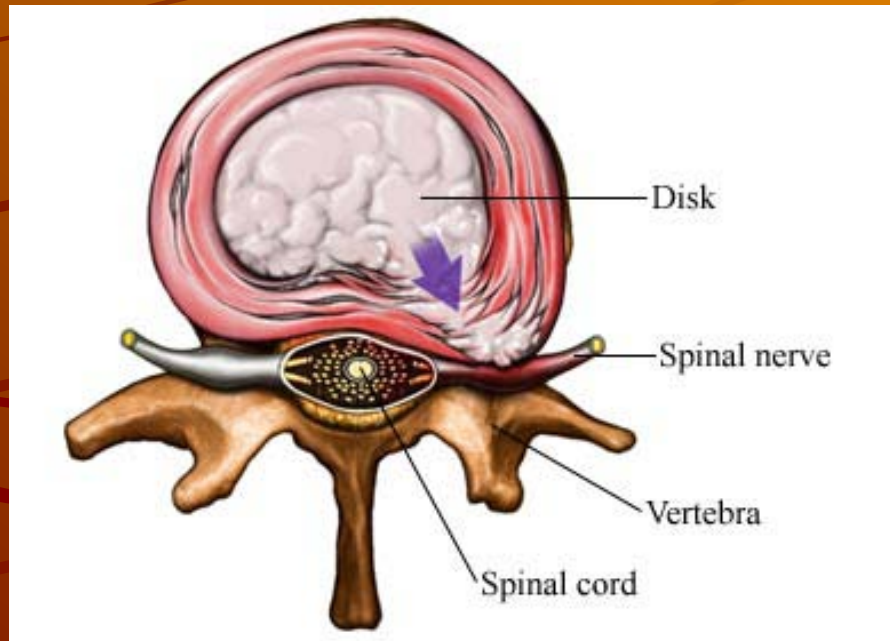
Degree of Derangement



Disc Disease—How I know about this Topic



Annular Tear– Disc Herniation



So Now You Have Made a DX- What Do You Do

- ◆ Treat- conservative or surgical
- ◆ Reassure – or not
- ◆ Refer
- ◆ What Are the Modalities??
- ◆ What is the Prognosis??
- ◆ Questions are easy– answers – not so much

Patient Asks- What can I Do as far as Activity??



Malingers- Drug Seekers

- ◆ I have no good advice- it is never easy-
- ◆ For years I have been investigating a blood test– a ‘serum back pain level’
- ◆ So far, no luck –



Back Pain

- ◆ Incredibly common-
- ◆ Often benign – for us, at least
- ◆ Our task is to separate the common from the serious- the things that cause morbidity or worse

