

Checklist for Low Back Pain



The student asks the following questions:

- Where is the exact location of your back pain?
- Describe the type and intensity of your back pain. Is the pain constant, intermittent, dull, aching, or shooting?
- Was the onset of your back pain sudden? (If the pain is abrupt without injury, include dissecting aortic aneurysm in your differential diagnoses.)
- Do you have any pain shooting down either or both legs (radicular pain), weakness in extremities, loss of sensation, numbness or tingling, or gait disturbance (neurological deficits)?
- Do you have diminished or lack of sensation in your genital and/or rectal area (perineal anesthesia), bladder, or bowel dysfunction?
- Have you lifted anything heavy or experienced a traumatic injury recently (including MVA)?
- What are your limitations in activities?
- What type of physical activity do you do daily?

- Do you have a history of back pain, cancer, recent lumbar puncture, infection, or use of corticosteroids?
- Have you had a fever, burning upon urination, or persistent pain unrelieved by resting or lying flat?
- What makes your back feel better? What makes your back pain worse?