



Low Back Pain Recommendations From National Medical Societies

| Society | Recommendations |
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| Emergency Medicine | Don't order lumbosacral (low back) spinal imaging in patients with non-traumatic low back pain who have no red flags/pathologic indicators. |
| Family Medicine | Don't do imaging for lower-back pain unless red flags are present. |
| Occupational Medicine | Don't order X-rays for acute low back pain in the absence of red flags. |
| Radiology | Don't do imaging for lower-back pain unless red flags are present. |
| Spine | <p>Don't perform fusion surgery to treat patients with mechanical axial low back pain from multilevel spine degeneration in the absence of:</p> <ul style="list-style-type: none"> - leg pain with or without neurologic symptoms and/or signs of concordant neurologic compression - structural pathology such as spondylolisthesis or deformity. <p>Don't routinely image patients with low back pain regardless of the duration of symptoms unless:</p> <ul style="list-style-type: none"> - there are clinical reasons to suspect serious underlying pathology (i.e., red flags) - imaging is necessary for the planning and/or execution of a particular evidenced-based therapeutic intervention on a specific spinal condition. <p>Don't use epidural steroid injections (ESI) for patients with axial low back pain who do not have leg dominant symptoms originating in the nerve roots.</p> |

For more information about the Choosing Wisely Alberta campaign, contact choosingwisely@albertadoctors.org

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