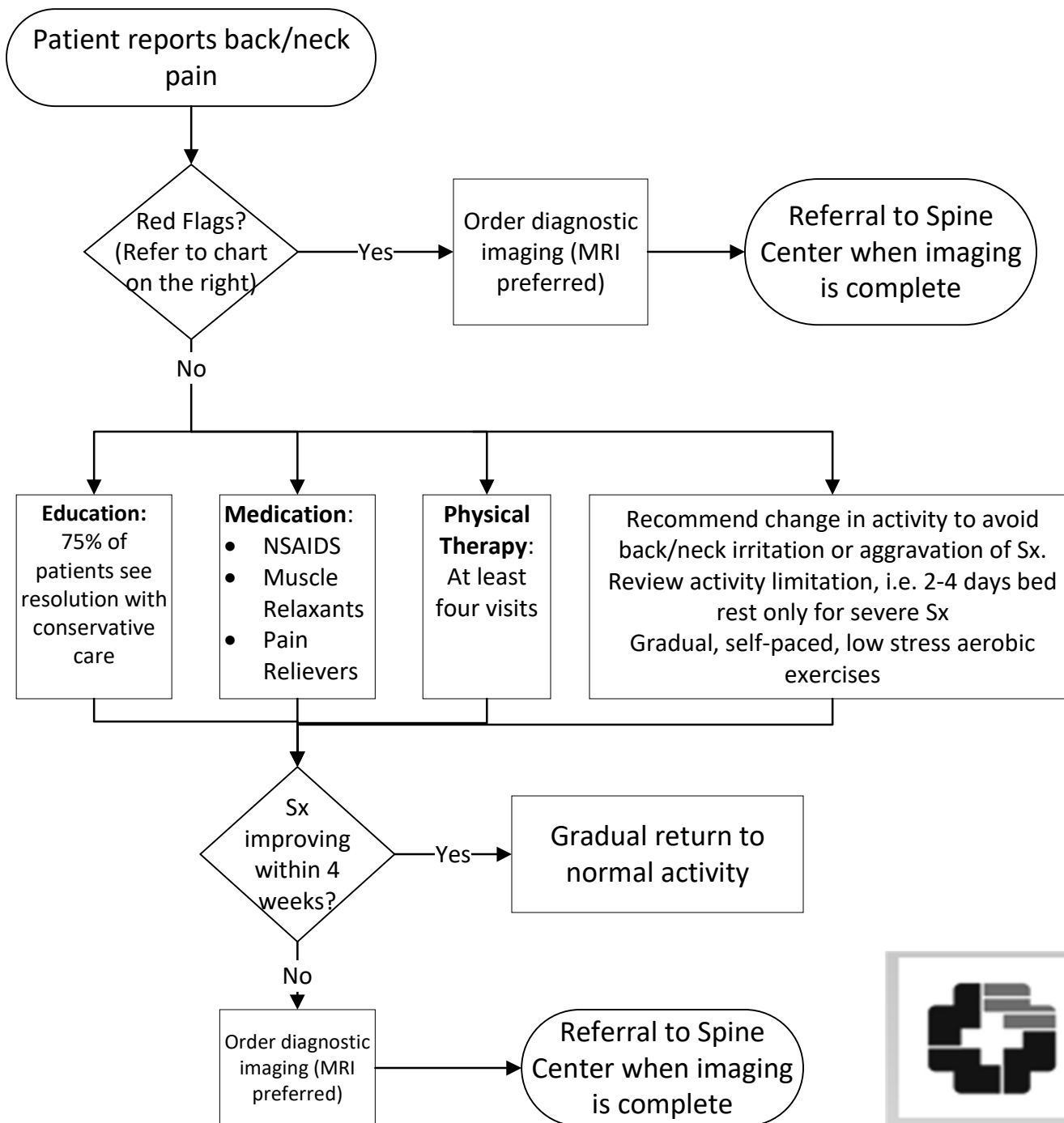


Acute Cervical & Lumbar Back Pain



Red Flags

For Cauda Equina Syndrome

- Fecal Impaction
- Saddle anesthesia
- Recent onset of urinary incontinence/retention

For Fracture

- History of major trauma at any age (MVA, Fall)
- Minor trauma > 50 years old
- Chronic steroid use

For Neoplasm

- Age >50 <20
- History of cancer
- Unexplained weight loss
- Unrelenting nocturnal pain

For Infection

- Immunosuppressant
- IV drug use
- Unexplained fever

For General

- Focal neurologic deficits, progressive, or disabling symptoms.
- No improvement after 4-6 weeks of conservative management