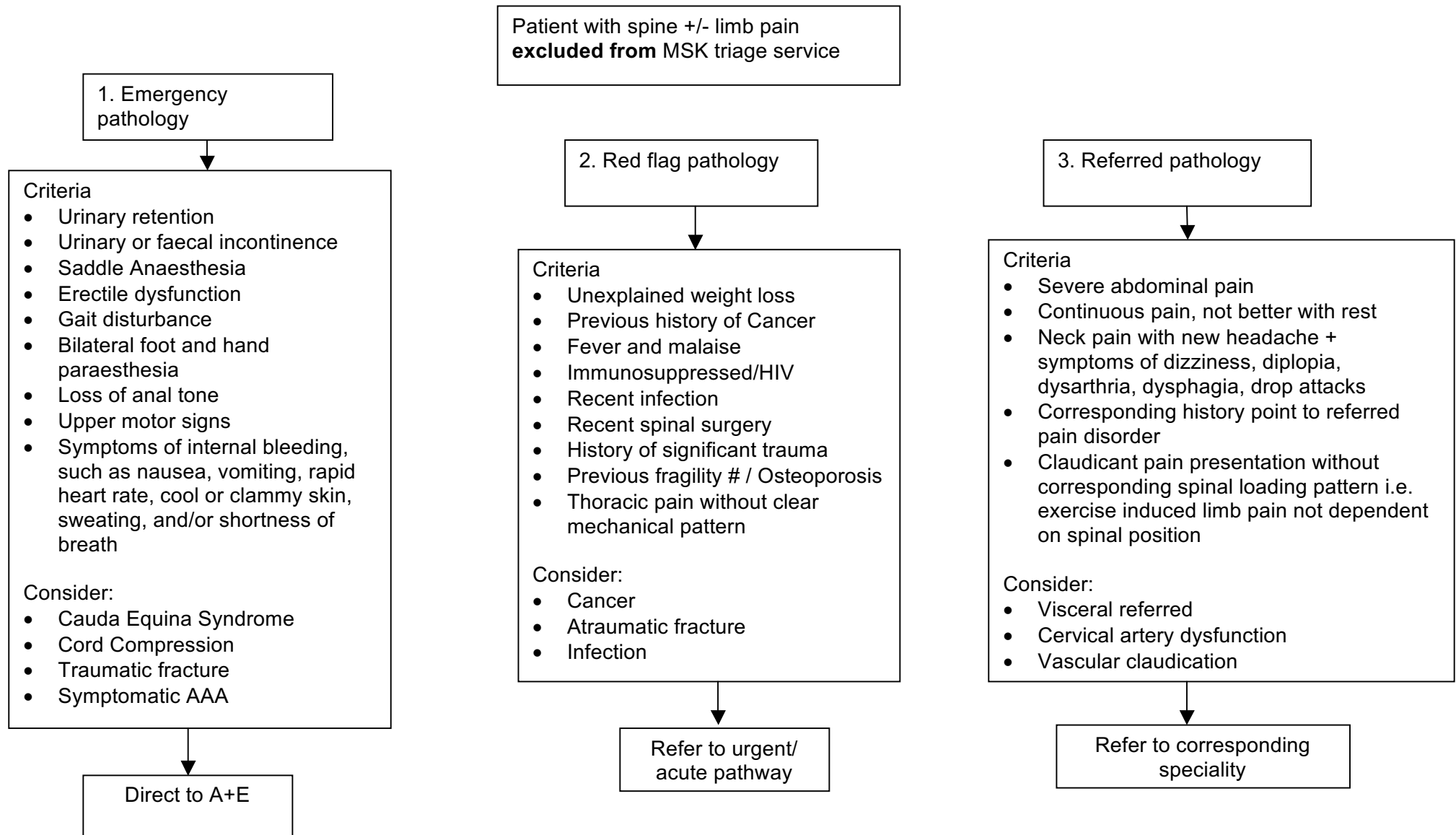


Spinal Care Pathways – August 2016



Patient is referred to the MSK triage service with spine +/- limb pain

4. Inflammatory pathology

- Criteria
- Early morning stiffness > 1 hour
 - Worsens with rest, improves with exercise
 - Male <40yrs age
 - Pelvic pain/ alternating buttock pain
 - Family history of inflammatory joint disease
 - Crohn's/colitis
 - Psoriasis
 - Dactylitis
 - Uveitis
 - HLA B27 positive
 - Elevated ESR/ CRP
 - Response to NSAIDs
- Consider:
- AS
 - RA
 - Psoriatic Arthritis

5. Radicular pain +/- radiculopathy

- Criteria
- Limb worse than spine pain
 - Paraesthesia/ Anaesthesia
 - Limb weakness
 - Genuine positive neurodynamic test
 - Radiation below knee/ elbow
- Consider:
- Radicular pain as result of disc lesion
 - Radicular pain as result of canal/ foraminal stenosis
 - Radicular pain as result of spondylolisthesis

6. Non-specific spinal pain

- Criteria
- Spine pain worse than limb pain
 - Absence of neurological symptoms
 - Failure to meet criteria for other pathways outlined
- Consider:
- Non-specific low back pain
 - Non-specific neck pain
 - Whiplash Associated Disorder
 - Mechanical thoracic pain
- NB: Owing to high false positive rate, structural diagnoses (i.e. facet joint pain or disc degeneration) lack validity and convention is to label as non-specific spinal pain*

