**Back Pain H & P**

History*

When did it start?

Did it start after an injury or lifting?

Character or nature of the pain?

Where is it worst?

Is it worse in the am or pm?

What makes worse and better? (Aggravating/relieving; precipitating/palliative)

Recent gastroenteritis? (suggests reactive)

Past Hx? (can be assoc with DJD, AS, IBD, psoriasis)

Hx back surgery?

Past cancer? (mets?)

Sexual Hx? (increased risk Reiter’s)

Risks for osteoporosis?

Meds? (warfarin, steroids)

Stiffness? (inflammation)

Other joint pain, swelling, stiffness?

Leg pain?

Leg numbness/tingling?

Bladder symptoms?

Fever? (osteo)

Rash? (psoriasis, shingles)

Sx of Reiter’s Sx? (conjunctivitis, urethritis)

Sx of Crohn’s, UC, GE?

Depression? (aggravating or precipitating)

FH (osteoarthritis, autoimmune, ca)

Addendum: High risk factors** for serious causes include

1. Trauma, cumulative trauma
2. Unexplained weight loss, insidious onset
3. Age >50 years, especially women, and males with osteoporosis or compression fracture
4. Unexplained fever, history of urinary or other infection
5. Immunosuppression, diabetes mellitus
6. History of cancer
7. Intravenous (IV) drug use
8. Prolonged use of corticosteroids, osteoporosis
9. Age >70
10. Focal neurologic deficit(s) with progressive or disabling symptoms, cauda equina syndrome
11. Duration longer than 6 weeks
12. Prior surgery

PE:

VS

General appearance
Level of distress
Chest
Abd
Back exam (thorough)

Appearance of back
Palpation of back
ROM of back
Motor
Sensory
Reflexes
Gait

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www.rightdiagnosis.com

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http://www.guideline.gov/content.aspx?id=35145#Section420