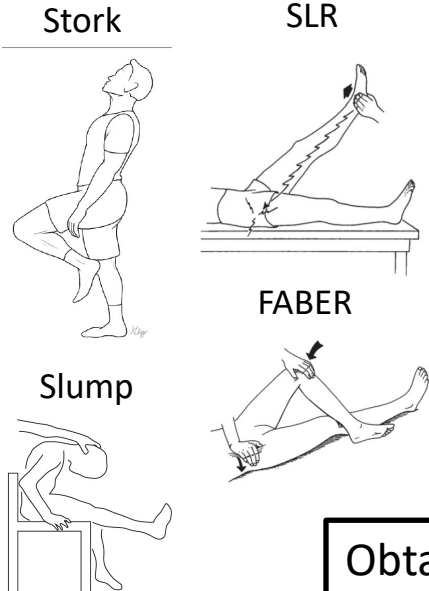


Thorough Hx & PE: Pain onset, location, quality, radiation, severity, triggers/relievers; interference with activities, use and response to analgesics, associated sx: fever, weight loss, night sweats, neurologic (weakness, numbness, paresthesia, incontinence); athletic activities; use of heavy backpacks (controversial association)

Exam

- 1) Stork/Gilette = hyperextend, stresses posterior elements (spondylolysis/isthesis)
- 2) Straight leg raise: stress anterior elements, esp herniated disc
- 3) Slump test / forward bend: stress anterior elements (vertebral bodies, discs, apophyseal rings, nerve roots)
- 4) FABER test (Flexion, Abduction, Ext Rotation) tests sacroiliac joint
- 5) Thorough neurologic exam



Red Flags: Age < 10 years, > 4 weeks of pain, constant pain, pain awakens at night, fever, weight loss, radicular pain, abnormal neurologic exam, concerning trauma mechanism, consider: high-level athlete

