

Action/information

Diagnosis

Question

Adults presenting to primary care with LBP symptoms

1. Conduct a focused history and physical examination

2. Identification of signs or symptoms concordant with a structural spine lesion?

Yes

Determine level of concern based on risk of adverse event



Initiate care while monitoring symptoms evolution

Referral to medical specialist required

Urgent referral to medical specialist is required

Spine pathology identified

A. Specific LBP

3. Conduct a focused neurological and orthopedic evaluation. Identification of signs and symptoms concordant with radicular pain, radiculopathy or lumbar stenosis

No neurological sign identified

Yes

Are neurological signs severe and progressive?

No

C. Radicular syndrome

Is the patient complaint reproduced during the physical examination?

Yes

No

B. Non-specific LBP

5. Consider other sources of pain/comorbidities likely to explain patient presentation

Consider referral to appropriate care provider

4. Stratification of risk of poor prognosis

Low risk

Medium risk

High risk

Guideline concordant conservative care attempted for 4-6 weeks without benefit?

No

Yes

Initiate care while monitoring symptoms evolution

Referral to medical specialist