

Low back pain at a glance

Mechanical

Osteoarthritis
Spondylolisthesis
Malignancy
Infection
Osteoporosis
Inflammatory
Ankylosing spondylitis

Referred

Prolapse intervertebral disc

Red flags for possible serious spinal pathology:

Age of presentation
Violent trauma
Constant progressive non-mechanical pain
Thoracic pain
Previous history of carcinoma
Systemic steroids
Drug abuse/HIV infection
Systemically unwell
Weight loss
Persisting severe restriction of lumbar flexion
Widespread neurological signs and symptoms
Structural deformity