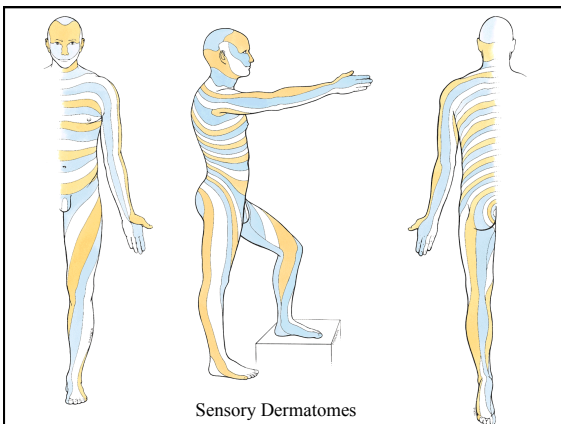
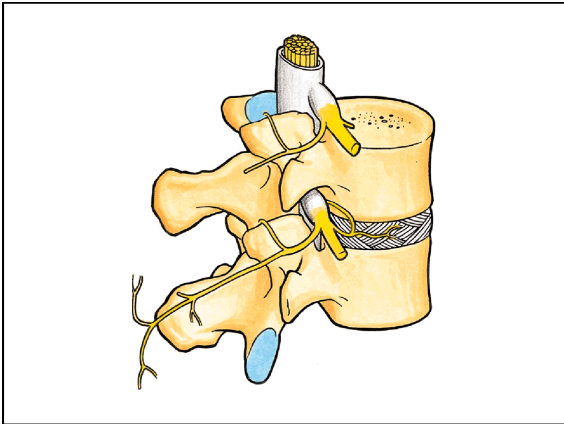


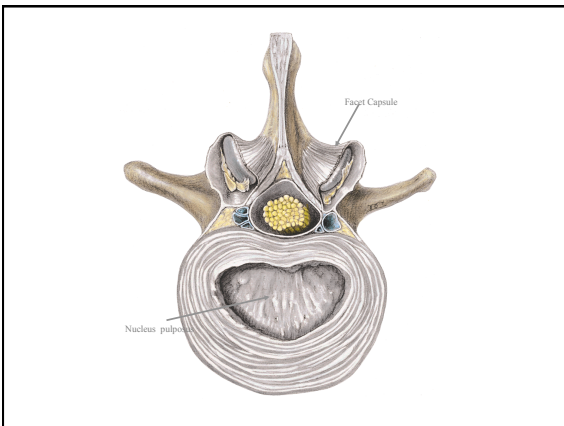
All That Radiates Is Not Disk:
Evaluation and Treatment of
Radiating Low Back Pain

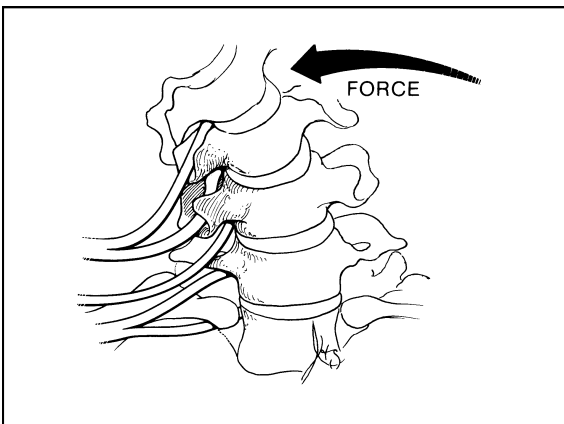
Types of Radiating Pain

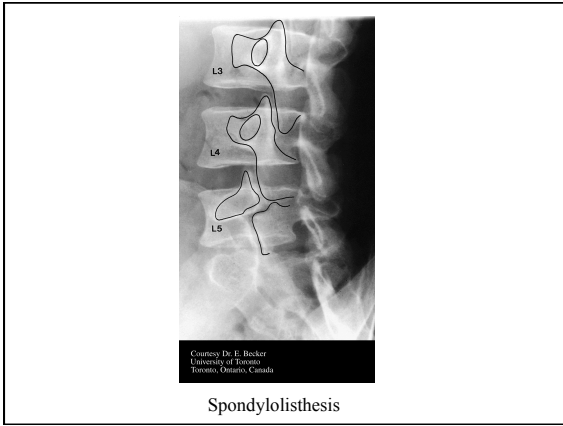
- Direct nerve compression
- Ischemia
- Central/peripheral neurological injury
- Referred pain
 - Viscera
 - Fascia
 - Ligament
 - Bone/joint
 - Muscle

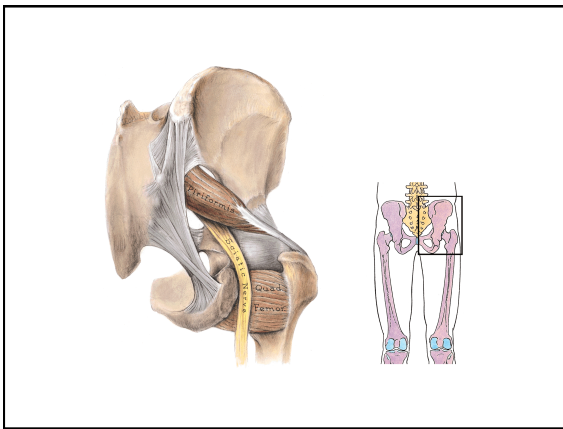


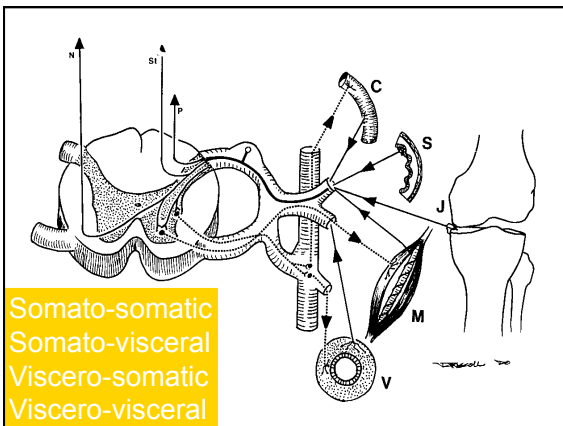


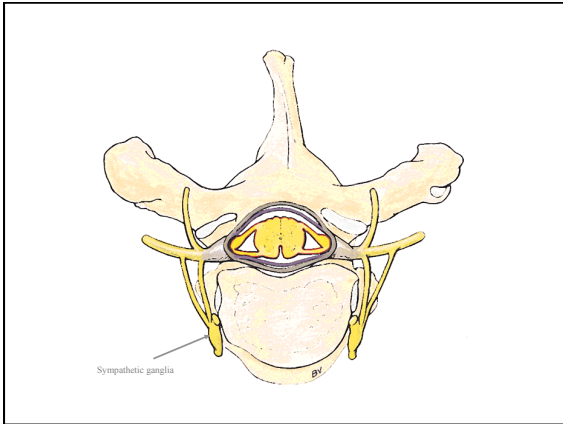


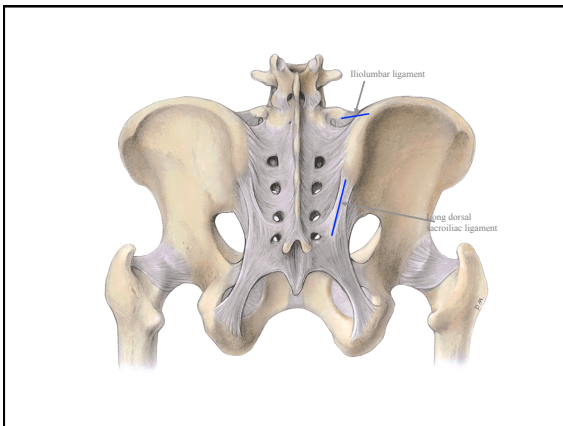


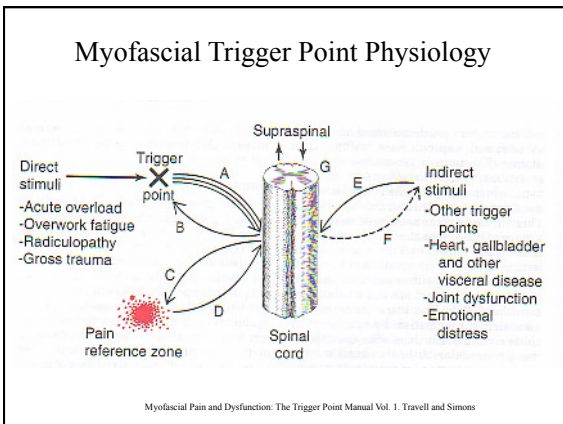


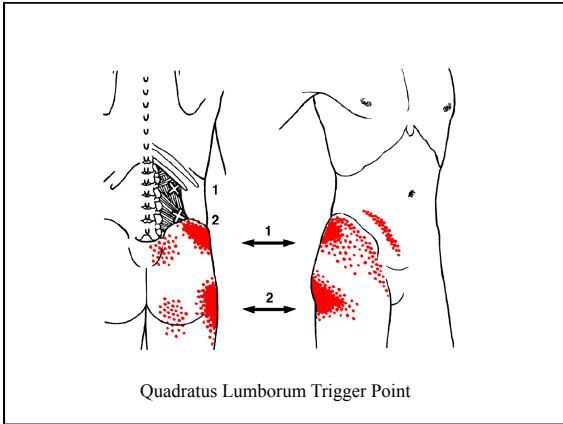


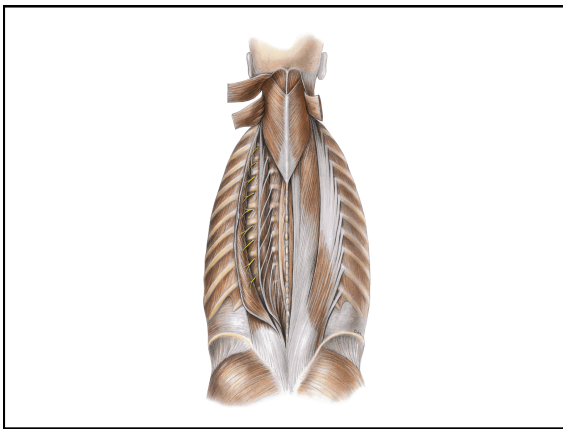


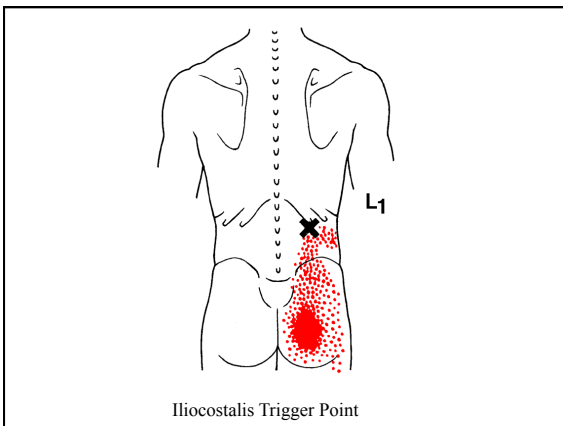


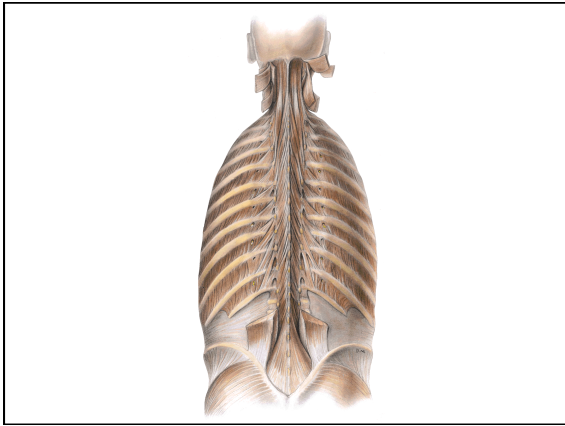


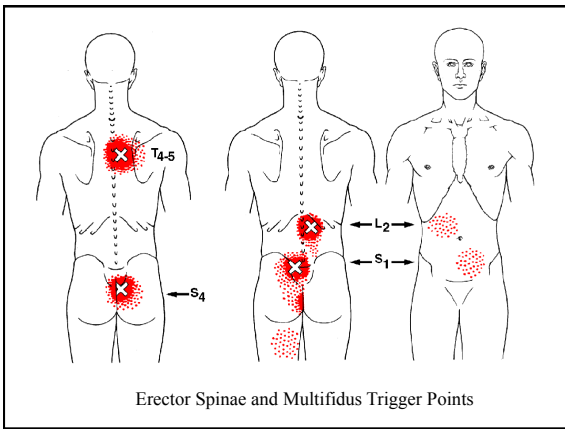




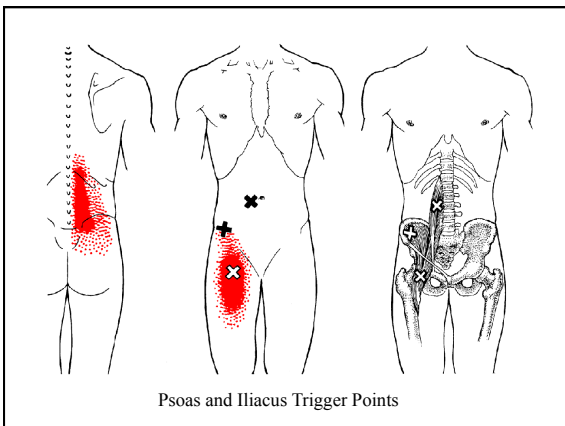




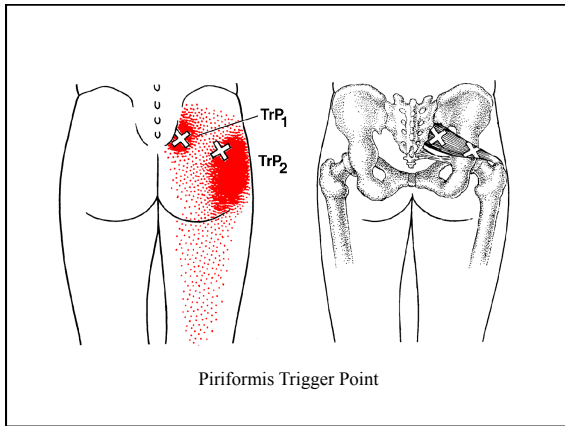


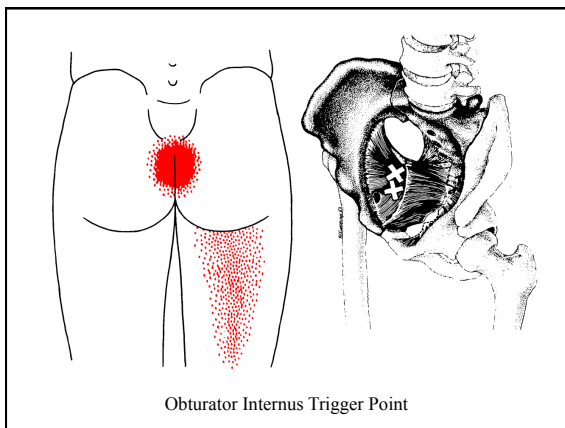


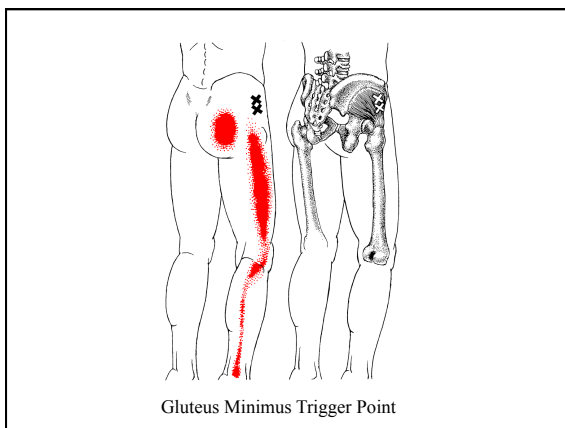
Erector Spinae and Multifidus Trigger Points

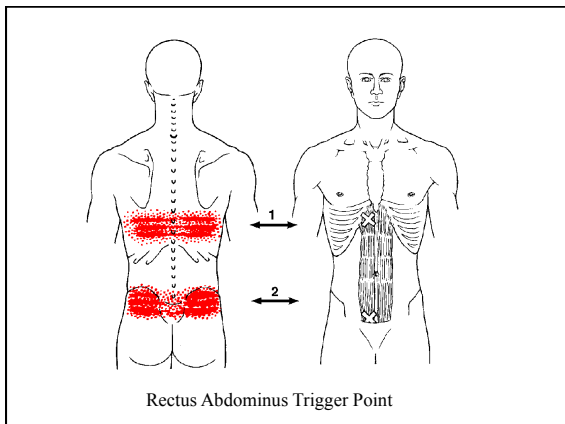


Psoas and Iliacus Trigger Points









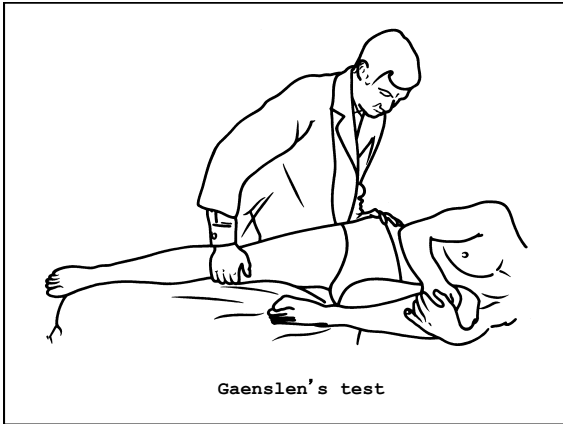
Diagnosis

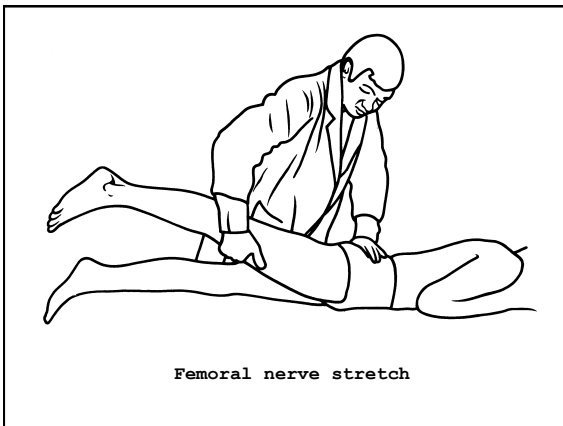
- History
 - PMHx, PSHx, SocHx, FHx, ROS, meds, all, pain history, prior treatments, imaging studies
- Physical exam
 - HEENT, Chest, Abd, Pelvis, Extr, Skin
 - Neuro exam
 - CN X-XII, dermatomes, strength, reflexes, cerebellar tests, provocative tests
 - Structural exam

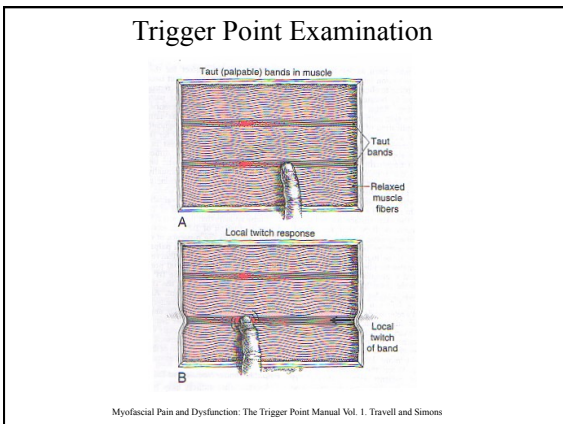
Pain History

- Acute - < 3 months duration
- Chronic - > 3 months duration
- PQRST
 - VAS, pain diagramming, patient inventories¹
- Trauma history – physical/emotional
- Referred pain
- Perpetuating factors
- Pain behavior/psychological factors

¹Mofidi A, et.al.: Usefulness of Functional Outcome Questionnaires in Primary Screening of Spinal Disease. Journal of Spinal Disorders and Techniques 2003; 16(1): pp. 66-70.







Structural Exam

- Gait evaluation
- Postural evaluation
- Regional exam
- Segmental exam
- Static palpation
- Dynamic palpation/motion testing

Treatment

- Rest vs Activity^{2,3}
- Conservative Care
 - Medication, physical therapy, ESI, facet denervation, trigger point injection⁴
 - Manipulation
- Surgery⁴

²Hagen K, et.al.: The Cochrane Review of Bed Rest for Acute Low Back Pain and Sciatica. Spine 2000; 25(22): pp2932-2939.

³Hagen K, et.al.: The Cochrane Review of Advice to Stay Active as a Single Treatment for Low Back Pain and Sciatica. Spine 2002; 27(16): pp. 1736-1741.

⁴BenDebba M, et.al.: Persistent Low Back Pain and Sciatica in the United States: Treatment Outcomes. Journal of Spinal Disorders and Techniques 2002; 15(1): pp. 2-15..

Goals of Osteopathic Manipulative Treatment

- Decrease musculoskeletal pain
- Decrease impact of structural dysfunction on body systems

- Optimize function

OMT Application

- Components
 - Muscular
 - Fascial
 - Ligamentous
 - Articular
 - Viscerosomatic

OMT Approaches

- Indirect techniques for acute injuries, spasm, focal areas of pain(i.e. counterstrain)
- Direct techniques for chronic injuries, decreased ROM (i.e. articular)
- Combining direct and indirect techniques is usually the most productive approach
