

CAHE's Guideline Reference Guide: Acute Low back pain

Guideline Elements	European guidelines European guidelines for the management of acute non specific low back pain in primary care*	New Zealand Guidelines Group Acute low back pain guide*	National Guideline Clearing House Management of acute low back pain*	Agency of Health Care Policy and Research Acute low back problems in adults: assessment and treatment*
Year of issue/ revision	1994	2008	2004	2006
Evaluation/ Diagnosis	Pages	Pages	Pages	Links
History	10	4		History
Clinical/ Physical Examination	10	6, 40		Physical Examination
Red flags	6	8	2, 5, 6	Red flags
Yellow flags	7	4, 23		
Investigations				
Radiological investigations	13	9	2, 5	
Reassessment/ Review	16	17		
Management				
Bed Rest	19	11		
Ice		11	5	
Exercise therapy	21	11	5	
Spinal Manipulation	26	11		Manipulation
Back School	27			
Behaviour Therapy	28			
Traction	29	11	5	traction
Massage Therapy	29	11		

Ultrasound			5	
Transcutaneous Electrical Nerve Stimulation (TENS)	30	11	5	
Surgery		14		Surgery
Acupuncture				Invasive Techniques ,
Injections				Invasive Techniques ,
Medications				
Analgesia	22		5	Oral Pharmaceuticals
NSAIDs	23	11	5	
Muscle relaxants	23		5	
Epidural Steroids	25			
Outcomes				
Outcomes	8		2	
Patient Education and Advice				
Patient education and Reassurance	18	13		Patient Education
Activity related	20	12	5	Activity alteration
Work related	44	12, 15	5	Return to Work
Sport		12		

References*:

Bigos S, Bowyer O, Braen G, et al. Acute Low Back Problems in Adults. Clinical Practice Guideline, Quick Reference Guide Number. 14. Rockville, MD: U.S. Department of Health and Human Services, Public Health Service, Agency for Health Care Policy and Research, AHCPR Pub. No. 95-0643. December 1994.

Michigan Quality Improvement Consortium 2008, *Management of acute low back pain*, Southfield (MI): Michigan Quality Improvement Consortium, Southfield.

NewZealand Guidelines Group 2004, *New Zealand acute low back pain guide*, NZGG, New Zealand.

Van Tulder, M., Becker, A., Bekkering, T., Breen, A., del Real, M.T., Hutchinson, A., Koes, B., Lærum, E. & Malmivara, A. 2006, "European guidelines for the management of acute non specific low back pain in primary care", *European Spine Journal*, vol. 15, no. Suppl 2, pp. S169-S191.