Symptoms:

- Neurological: major motor weakness, disturbance of bowel or bladder control, saddle numbness
- Infection: fever, risk of UTI, IV drug use, immune suppressed
- Fracture: trauma, osteoporosis risk
- Tumor: history of cancer, weight loss, fever, pain worse supine or at night
- Inflammation: morning stiffness > 1 hour, Age: < 20 years or > 50 years


This is a POCKET tool. www.pocketdocs.ca
Factors that increase the risk of developing or perpetuating long-term disability and work loss:

- Belief that back pain is harmful or potentially severely disabling
- Fear and avoidance of activity or movement
- Tendency to low mood and withdrawal from social interaction
- Expectation of passive treatment(s) rather than a belief that active participation will help


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