Michigan Quality Improvement Consortium
Clinical Practice Guideline Update Alert

Guideline:  Management of Acute Low Back Pain in Adults

Released:  March 2020

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Refer to the complete guideline for all updated recommendations. Updates have been made to the following sections listed below:

Key components:
Patients with low risk of serious pathology, i.e., no red flags

Red flags:
Unexplained weight loss  Abnormal spinal or perineal reflexes
Fever  History of cancer
Sudden bowel or bladder dysfunction  Perineal hypoesthesia
Acute dysesthesia or weakness of leg(s)

- Therapy
- Referral
- Medication Strategies
- Work

Identification and management of potential/suspected serious pathology (red flags and high index of suspicion)

- Cauda Equina Syndrome
- Cancer
- Infection
- Spinal Fracture
- Epidural Hemorrhage