

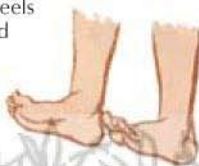
Examination of Patient With Low Back Pain

A. Standing

Body build
Posture
Deformities
Pelvic obliquity
Spine alignment
Palpate for:
muscle spasm
trigger zones
myofascial nodes
sciatic nerve tenderness
Compress iliac crests
for sacroiliac
tenderness



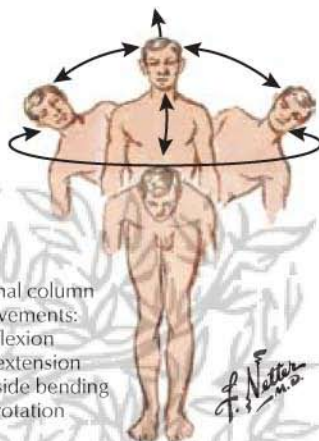
Walking on heels
(tests foot and
great toe
dorsiflexion)



Walking
on toes
(tests calf
muscles)



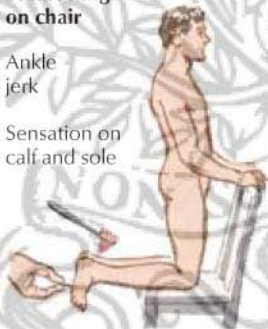
Spinal column
movements:
flexion
extension
side bending
rotation



F. Netter M.D.

B. Kneeling on chair

Ankle
jerk
Sensation on
calf and sole



C. Seated on table

Straight leg
raising



Knee
jerk

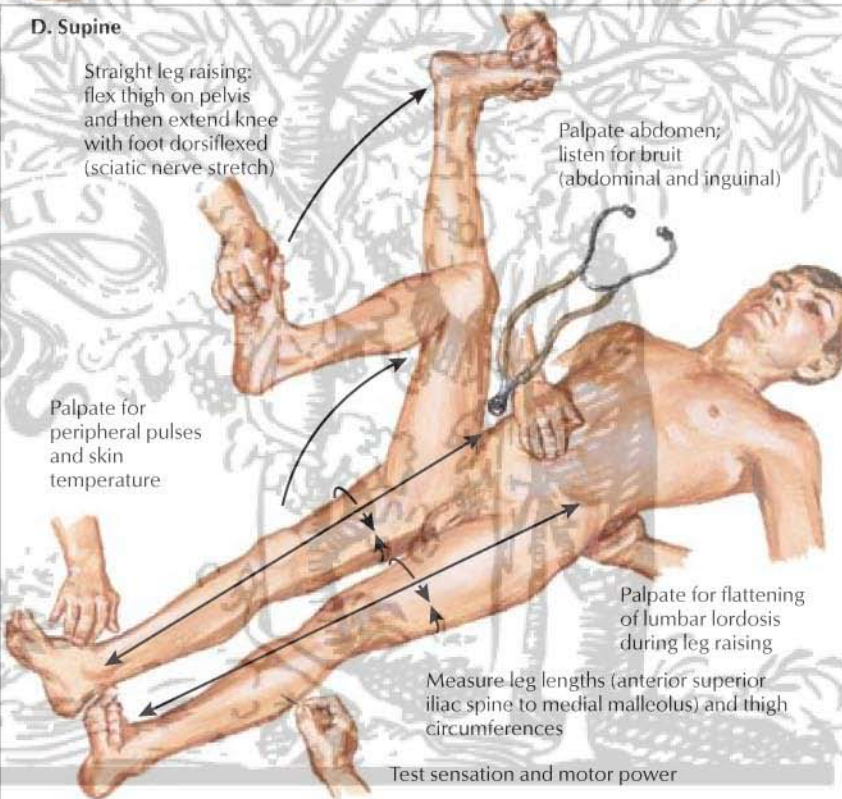
Measure calf
circumference

D. Supine

Straight leg raising:
flex thigh on pelvis
and then extend knee
with foot dorsiflexed
(sciatic nerve stretch)

Palpate abdomen;
listen for bruit
(abdominal and inguinal)

Palpate for
peripheral pulses
and skin
temperature



Palpate for flattening
of lumbar lordosis
during leg raising

Measure leg lengths (anterior superior
iliac spine to medial malleolus) and thigh
circumferences

Test sensation and motor power

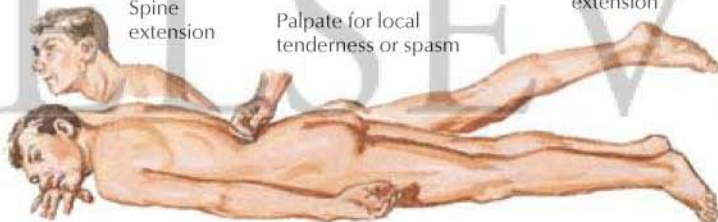
E. Prone

Spine
extension

Test for
renal tenderness

Palpate for local
tenderness or spasm

Femur
extension



F. Rectal and/or pelvic examination

G. MRI and/or CT and/or myelogram
of
1. lumbosacral spine
2. abdomen/pelvis

H. Laboratory studies

Serum Ca^{2+} and PO_4^- , alkaline
phosphatase, acid phos-
phatase (males over 40), CBC,
ESR, and urinalysis