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Low Back Pain Red Flag Checklist

When managing any pain condition, it is important to go through a series of "checks" to ensure that the pain is not likely to be caused by anything more sinister. If you answer 'Yes' to any of the following questions, please book an appointment with your Doctor or Physiotherapist immediately.

Checklist	Yes	No
Has there been any major trauma?		
Are you over 50 years of age or osteoporotic?		
Are you under 20 years of age?		
Do you have a history of cancer?		
Have you experienced any fevers, chills or recent weight loss?		
Have you had a recent bacterial infection?		
Do you have a history of Intravenous drug use?		
Are you immunocompromised (i.e. taking immunosuppressants or being treated for cancer with chemotherapy?)		
Is the pain worse at night or when lying down?		
On a scale from 0-10, where 0 indicates no pain and 10 indicates the worst pain imaginable, is the pain constantly above 6/10?		
Have you noticed any severe or worsening numbness, pins and needles or weakness?		
Do you have any difficulty going to the toilet (bowel or bladder dysfunction)?		
Have you noticed any numbness or tingling in the area around your genitals?		
Do you experience a 'band-like' pain around the trunk?		
Do your legs feel odd or strange?		
Do you have any difficulty with walking?		

Reference: S. Greenhalgh, J. Selfe. A qualitative investigation of Red Flags for serious spinal pathology. *Physiotherapy* 95(3): 223-6

If you need help, call us on 07 3733 0944 or email us at info@brisbaneanytimephysio.com