



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

Fever

Sudden bowel or bladder dysfunction

Acute dysesthesia or weakness of leg(s)

Abnormal spinal or perineal reflexes

History of cancer

Perineal hypoesthesia

- 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