

# Non-Specific Low Back Pain

## Presentation

> 6/52

Pain in lower back region

No specific cause of pain

Some distal referral of symptoms may be present but not in nerve root distribution

No red flags

## Classification

Use STarT Back Screening Tool to identify Risk

1. Low Risk

2. Medium Risk

3. High Risk

GP advice on support to self manage keeping moving / exercise / posture. Consider analgesia

Refer to Physiotherapy

No Better

Referral to chronic pain management team / CBT approach / Multidisciplinary management

Refer to Active Lifestyle / LEAP

No Better

## STarT Back Screening Tool

Available from:

<https://www.keele.ac.uk/sbst/startbacktool/>