

## Low Back Pain

At the completion of the seminar the resident will be able to, when dealing with a patient with low back pain:

1. Differentiate serious underlying causes (e.g. cauda equina syndrome, AAA, cancer, renal calculus) from mechanical low back pain.
2. Demonstrate appropriate levels of investigation
3. Demonstrate appropriate conservative management of mechanical low back pain:
  - a. Explanation, reassurance, follow-up
  - b. Advice re simple analgesic use
  - c. Support for early return to activity and work
  - d. Advice re role for ergonomics and exercise in prevention of recurrence