

Back Pain

Definition 📖

Refers to musculoskeletal back pain due to mechanical stress or functional demands. **THIS PROTOCOL IS NOT FOR ACUTE SPINAL TRAUMA INJURIES!**

Signs and Symptoms

- Acute or gradual onset of back pain that can be severe and debilitating; with or without radiation; aggravated by movement or certain positions, alleviated with rest
- Usually history of previous back pain; may radiate to legs

Management

1. Treat per **Pain Management** Protocol
2. Apply cold compress to painful area for 20-25 min tid
3. Encourage fluid hydration, avoid bed rest, use ice pack if acute or heat pack if subacute, stretch as tolerated
4. In addition, you may administer the following muscle relaxer:
 - **Cyclobenzaprine** (Flexeril) 10 mg PO tid
5. For additional analgesia, you may also consider the following:
 - **Diazepam** (Valium) 5- 10mg IM/IV/PO, and repeat once in 6-8h prn
 - Trigger point injections with local anesthetic (IF TRAINED!). **Lidocaine** 1-2mL per trigger point. May repeat daily for 2 days
6. Refer to **Flank Pain** protocol if back pain is accompanied by fever and/or urinary symptoms.

Disposition

- Evacuation usually not required;
- **Routine** evacuation for severe cases not responding to therapy
- **Urgent** if neurological involvement (weakness, numbness, bowel/bladder dysfunction, saddle anesthesia)

