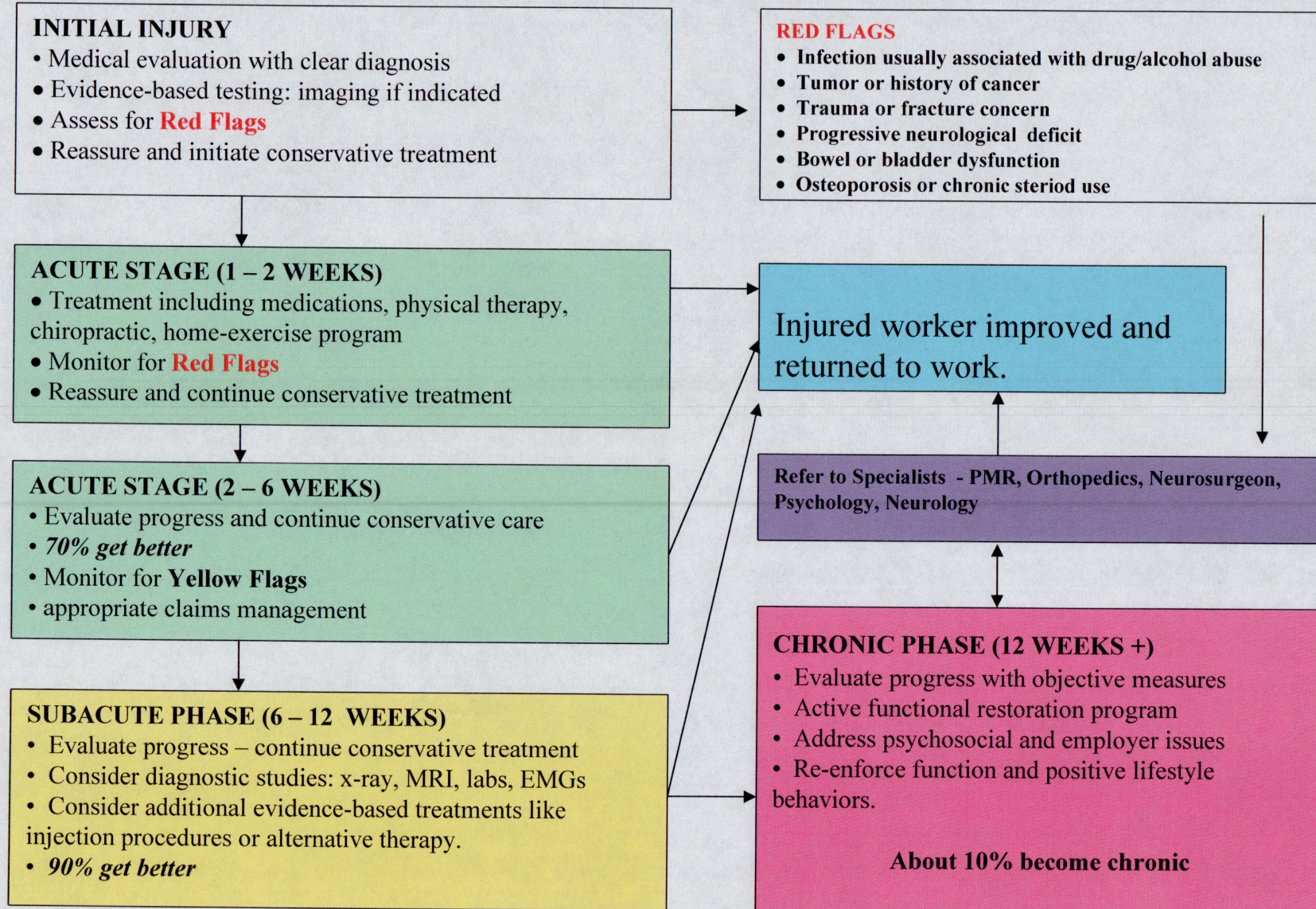


# ALGORHYTHM FOR NECK AND BACK INJURIES





# Yellow Flag Findings in the Medical History and Examination

## **Belief Systems**

- Fear avoidance behavior (avoidance of activities caused by fear of increased pain)
- Expectation of increased pain with return to work or normal activity
- Catastrophizing (excessive focus on pain and feeling of helplessness to control pain)
- Passive attitude to rehabilitation

## **Affective Factors**

- Poor work history or unsupportive work environment
- Poor adherence to exercise
- Withdrawal from activities of daily living
- History of substance abuse
- Depression/Anxiety
- Disinterest in social activity
- History of physical or sexual abuse

## **Comorbidities**

- Impaired sleep because of pain
- History of other disabling injuries or conditions

Gaunt A, Herring SA, O'Connor F. Caring for Patients Who Have Acute and Subacute Low Back Pain. CME Bulliten from American Family Physicians, volume 7/number 2, 2008.



## Psychosocial Factors Associated with an Increased Likelihood of Developing Chronic Back Pain or disability

- Disputed compensation claims
- Fear avoidance (exaggerated pain or fear that activity will cause permanent damage)
- Job dissatisfaction
- Pending or past litigation related to the back pain
- Psychological distress and depression
- Reliance on passive treatments rather than active patient participation
- Somatization
- Legal Representation
- Education level

Nguyen TH and Randolph DC. Nonspecific Low Back Pain and Return to Work. *Am Fam Physician* 2007;76:1497-1502, 1504.



## PERFORMANCE APGAR

Measurement of the Sincerity of Effort an Individual Puts Forth

			Scoring Options			Score up to 2 points
			0	1	2	
<b>A</b>	Acceptance (chose best test or average)	If this just does not get any better what will you do?	I can't live like this	I am going to have some problems	I can live with it	<b>A=</b>  _____
		Are you satisfied with your job?	Not satisfied	Partially satisfied	Satisfied	
<b>P</b>	Pain (chose best test or average)	Pain drawing	Non-physiologic	Some of it physiologic	Physiologic	<b>P=</b>  _____
		Pain behavior score AMA Guides table 18.5	Exaggerated or non-physiologic	Mixed or ambiguous	Appropriate and confirm clinical findings	
<b>G</b>	Gut intuition (chose best test or average)	Credibility Tool (see table 2)	Non credible	Partially credible	Credible	<b>G=</b>  _____
		Intuition or effort	Poor effort	Partial effort	Excellent effort	
		Duration	Much longer than expected	Longer than expected	As expected	
<b>A</b>	Acting (chose best test or average)	Consistency with distractions	Poor consistency	Partial consistency	Excellent consistency	<b>A=</b>  _____
		Waddell signs	More than 2 Waddell signs	2 Waddell signs	0 to 1 Waddell sign	
<b>R</b>	Reimbursement	Compensation / Litigation	Someone else liable WC, PI, Disability Application, Attorney representing	Someone else liable WC, PI, Disability Application	No one liable	<b>R=</b>  _____
<b>Total Performance APGAR Score =</b> _____ <i>(Add A,P,G,A,R sections for a maximum of 10)</i>						