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# Spine and Spinal Disorders

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## Logical minimally invasive management of Low Back Pain

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The management of low back pain is completely different from managing sciatica. I will discuss how to correctly differentiate between the two and describe pointers in the history and examination to discriminate between the two.

Red Flags are very poor guides when determining which patients require significant investment to prevent their low back pain becoming chronic, patients' beliefs and values are of far more influence in determining who will get better and who will not. I will discuss the evidence supporting this statement. Conservative management is often the best approach, certain technique carries supportive evidence and

certain do not, this will be discussed and evaluated. Likewise, appropriate drug management can facilitate an exercise-based approach, choosing the correct drugs is also a process that requires logic and monitoring.

Patients who fail conservative care do so for a number of reasons. There are a variety of pain generators in the back that may be driving their pain state. This will be discussed and some novel approaches in managing these pain generators will be presented, emphasizing the role of correctly performed radiofrequency denervation in correctly assessed patients.

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