80-90% of Acute LBP responds to:
- Reassurance
- Education
- Exercise
- Physical Therapy

Red Flags:
- Suspected Cauda Equina Syndrome
- Suspected Myelopathy
- Recent Trauma
- Suspected Cancer
- LMN Weakness
- Suspected Infection

Evidence Based Spine Treatment
- Further Dx Workup
  - Imaging
  - Labs
- Conservative Treatment
  - Sx management
  - Physical therapy
  - Chiropractic
  - Integrative medicine
- Interventional Treatment
  - Injections
  - Surgery
- Chronic Pain Management
  - Psychology
  - Medication

Return to Primary Care Provider with After Care as needed
- Community wellness programs
- Fitness/Activity Programs
- Episodic physical therapy or home program