

DIAGNOSIS OF THE TISSUE SOURCE OF PAIN IN CHRONIC LUMBOPELVIC DISORDERS: DISC, FACET AND SACROILIAC JOINT PAIN.

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ABSTRACT

Recent research has provided evidence that a detailed history and a specific form of physical examination can identify the tissue source of pain in the majority of chronic low back pain cases. Analysis of the effects of standardized repeated movements, sustained positioning, provocation stress testing and other special tests on pain, can predict the results of diagnostic injections into the discs, facet joints and sacroiliac joints. Preliminary results from ongoing research into the predictive validity of this examination will be presented with case studies. The relationship between lumbopelvic instability and illness behaviors and the validity of the history and physical examination will be discussed.