

## Therapeutic Recommendations for Low Back Pain

	Non-specific Low Back Pain	Radicular Pain
Acute	<ul style="list-style-type: none"> <li>• Acetaminophen</li> <li>• nsNSAIDs/coxibs</li> <li>• Co-prescribe a PPI in those &gt;45 years</li> <li>• Weak opioids</li> <li>• Muscle relaxants</li> </ul>	<p>If radicular pain is prominent, consider addition of:</p> <ul style="list-style-type: none"> <li>• <math>\alpha_2\delta</math> ligands</li> <li>• TCAs</li> </ul>
Chronic	<p>Referral to specialist for:</p> <ul style="list-style-type: none"> <li>• Cognitive-behavioral therapy</li> <li>• Complex pharmacological management (including opioids and neuropathic pain medications)</li> <li>• Consider interventional pain therapies</li> <li>• Consider surgery</li> </ul>	

Coxib = COX-2-specific inhibitor; nsNSAID = non-selective non-steroidal anti-inflammatory drug;

PPI = proton pump inhibitor; TCA = tricyclic antidepressant

Adapted from: Lee J *et al. Br J Anaesth* 2013; 111(1):112-20.