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Title

SETTING PROTOCOLS FOR SCREENING SPINAL PATHOLOGIIES

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Summary

Setting protocols is one way of helping busy clinical settings to have a set of standardized methods in screening of patients with back pain for diagnosis of spinal pathologies.

Introduction/ Basics

Back pain is the common presenting symptom in the primary and secondary care facilities with 60-80% of the genal population suffering or will experience back pain at some point in their lifetime.

Pain is always an indicator of underlying serious spinal problem that needs to be diagnosed and treated.

This is thought to be from identifiable causes such as spondylitis, scoliosis, infections and other neurological disorder (Barden, King & Maher,2017).

A number of physical test should be used which help to target various spinal regions for localized treatment like bracing and surgery

Methods/ work process

A cross-sectional study will be used where in observations, measurements and tests will be done and information of the findings recorded.

This will be carried out by eight orthotics and prosthetics practitioners in different centers.

Each practitioner will carry out hyper extension test, spurling test and leg raise test on every patient for 20 patients.

The information will be gathered, analyzed and interpreted

Implementation

Each practitioner will perform the three tests on twenty patients, in other words the three above mentioned tests must be done on every single patient who sum up to twenty. Once the tests are done, the information recorded.

Each researcher is expected to know exactly how to perform the tests as this will yield more consistency.

Different spinal pathology tests will used

Ethical clearance will be obtained from Faculty of sports, Rehabilitation and dental science, Ethical Clearance Committee.

Confidentiality and privacy of the information will be ensured.

Conclusion

Setting standardized clinical test is one way of improving diagnosis of patients presenting with back pain , thus helping in making decision of the best treatment option for spinal pathology.

More standardized clinical tests should be researched about for thier validity, reliability and trustworthiness which would help in busy clinics for proper diagnosis of spinal pathologies.

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