



Common Presentation of Mechanical Low Back Pain in Older Adults

	Muscle Strain	Osteoarthritis (OA)	Spinal Stenosis	Vertebral Fractures
Initial Location of Pain	Back	Back	Back and/or Leg	Back (Site(s) of Fracture)
Onset	Acute	Gradual	Gradual	Acute
Worse with Particular Activity				
Standing	Yes	Yes	Yes	Yes
Sitting	No	No	No	Yes
Spine Flexion	Yes	No	No	Yes
Spine Extension	No	Yes	Yes	Yes
Straight Leg Raise	No	No	Yes (Stress)	No
Preferred Initial Imaging				
	None	Plain Film (AP and Lateral)	Plain Film then CT or MRI	Plain Film (AP and Lateral), Bone Scan