



HealthPartners Health Plan Medical Spine Centers Elements of Evaluation

These elements are to be included in the evaluation that is sent to both the referring doctor and the surgeon if the patient chooses to pursue that option.

1. HISTORY

- a. Past medical history treatments, surgeries, injections
- b. Family history of spine disease, etc.
- c. Social history
- d. Medications
- e. Review of Systems (ROS)
- f. Red and Yellow flags
- g. Use of a common template or documentation of:
 - i. Symptoms – especially loss of bladder or bowel
 - ii. Timeline - such as date of onset and duration
 - iii. Recurrence or First episode
 - iv. Treatment – Current and past
 - v. Location and description of pain, aggravating and alleviating factors
 - vi. Sleep problems
 - vii. Work status and description
 - viii. Mental health issues, especially depression

2. PAIN, FUNCTION, QOL

- a. VAS
- b. Oswestry Disability Index (ODI)
- c. QoL – eg: EQ-5D

3. DEPRESSION SCREEN

- a. PHQ-2 or PHQ-9

4. PHYSICAL

- a. Spine
 - i. Range of Motion (ROM)
 - ii. Motor and Sensory deficits
 - iii. Tenderness to palpation
 - iv. Directional preference
 - v. Alleviating maneuvers
 - vi. Pain radiation provocative maneuvers
 - vii. Femoral stretch test
 - viii. Deep Tendon Reflexes (DTR)
 - ix. Straight Leg Raise test (SLR)
 - x. Weakness
 - xi. Long tract signs
 - xii. Waddell's signs

PHYSICAL (continued)

- b. **Sacroiliac Joints:**
 - i. Compression test
 - ii. Patrick's FABER test

- c. **Hips:**
 - i. IR/ER ROM
 - ii. Hip impingements

- d. **Gait:**
 - i. Antalgic
 - ii. Trendelenburg

- e. **Vascular Exam**
 - i. Dorsalis pedis pulses
 - ii. Lower extremity with other PE findings

5. FURTHER INVESTIGATIONS

- a. MRI, EMG,...

6. TREATMENT PLAN PROPOSED

- a. Education, Counseling, Decision aids, Options

7. PATIENT'S DECISION