

**Goodman & Snyder: Differential Diagnosis for Physical Therapists,
5th Edition**

Appendix

APPENDIX C-4

Checklist for Red/Yellow Flags

Bogduk’s Checklist for Red Flags

NAME: _____		LOW BACK PAIN
DOB: _____		MRN _____
Presence of	Cardiovascular	Endocrine
Trauma	Risk factors?	Corticosteroids?
Night sweats	Respiratory	Musculoskeletal
Recent surgery	Cough?	Pain elsewhere?
Catheterization	Urinary	Neurologic
Venipuncture	UTI?	Symptoms/signs?
Occupational exposure	Hematuria?	Skin
Hobby exposure	Retention?	Infections?
Sporting exposure	Stream problems?	Rashes?
(Overseas) travel	Reproductive	G.I.T.
Illicit drug use	Menstrual problems?	Diarrhea?
Weight loss	Hematopoietic problems?	<u>Signature:</u>
History of cancer		
Comments		<u>Date:</u>

Bogduk N: Pain research and clinical management, Vol. 13. Medical management of acute and chronic low back pain: an evidence-based approach, Amsterdam, Elsevier, 2002, Fig. 1, p. 37.

Bogduk's Checklist for Yellow Flags**WORK**

- Belief that pain is harmful, resulting in fear-avoidance behavior
- Belief that all pain must be abolished before attempting to return to work or normal activity
- Expectation of increased pain with activity or work.
- Belief that work is harmful
- Poor work history
- Unsupportive work environment

BELIEFS

- Catastrophising, thinking the worst
- Misinterpreting bodily symptoms
- Belief that pain is uncontrollable
- Poor compliance with exercise
- Expectation of "techno-fix" for pain
- Low educational background

BEHAVIORS

- Passive attitude to rehabilitation

- Use of extended rest
- Reduced activity with significant withdrawal from activities of daily living
- Avoidance of normal activity
- Impaired sleep because of pain
- Increased intake of alcohol or similar substances since the onset of pain

AFFECTIVE

- Depression
- Feeling useless and not needed
- Irritability
- Anxiety about heightened body sensations
- Disinterest in social activity
- Over-protective partner/spouse
- Socially punitive partner/spouse
- Lack of support to talk about problems

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