

## Appendix B: Assessment for Thoraco-Lumbar Spine Injury

Assess the person with suspected thoracic or lumbosacral spine injury using these factors:

- age 65 years or older and reported pain in the thoracic or lumbosacral spine
- dangerous mechanism of injury (fall from a height of greater than 3 metres, axial load to the head or base of the spine — for example falls landing on feet or buttocks, high-speed motor vehicle collision, rollover motor accident, lap belt restraint only, ejection from a motor vehicle, accident involving motorized recreational vehicles, bicycle collision, horse riding accidents)
- pre-existing spinal pathology, or known or at risk of osteoporosis — for example steroid use
- suspected spinal fracture in another region of the spine
- abnormal neurological symptoms (paresthesia or weakness or numbness)
- on examination:
  - abnormal neurological signs (motor or sensory deficit)
  - new deformity or bony midline tenderness (on palpation)
  - bony midline tenderness (on percussion)
  - midline or spinal pain (on coughing) [Adopted from NICE with modification]