



## Pattern 3: Constant Leg Dominant Pain

### Descriptive Symptoms

- Leg dominant pain: felt most intensely below the gluteal fold above or below the knee.
- Pain is **always constant**.
- Neurological symptoms *must* be present

### Findings on Objective Assessment

- Neurological examination must be positive for either an irritative test or a newly acquired focal conduction deficit.

### Initial Treatment

**NOTE: Pattern 3 will not respond to exercise. Treatment consists of prescribed REST positions. Track progress over six weeks (Neurological deficit beyond seven days does not happen unless it is Cauda Equina Syndrome).**

1. Reassure patient. Provide patient with *Back Pain: Patient Information* and *Pattern 3: Patient Handout*
2. Instruct patient to follow appropriate treatment schedule: position, pharmacology and adjunct therapies.

### Positions:

Basis of treatment is scheduled rest: 20-40 minutes every hour

- "Z" lie
- Prone lying on pillows
- Prone lying on elbows
- Rest on hands and knees
- Lumbar support
- Night roll

### Typical Therapy Options:

#### Pharmacologic Therapy

- Acetaminophen
- NSAIDS
- Tramadol, Opiods

#### Non-Pharmacologic (Adjunct) Therapy

- Massage
- Acupuncture
- Apply Ice/Heat
- Progressive Relaxation
- Professionally administered invasive therapies
- Spinal Manipulation(if there is no inflammation)

### Follow Up: One to two weeks after beginning therapy

#### 1. Assess treatment response

- Assess pain medication and treatment modalities
- Assess improvement:
  - Better = decreased leg pain
  - Worse = increased leg pain

#### 2. Has there been clinical improvement?

##### Significant Improvement

- Focus on symptom reduction for up to six weeks.
- Pain should begin to resolve within four weeks
- Once leg symptoms become intermittent or pain becomes back dominant continue treatment as per Pattern 1.

##### No Improvement

- If patient has no improvement, refer to the Multi Disciplinary Clinic.