

Low Back Pain and Sciatica: Management

Review questions

Assessment	
1.	In people with suspected (or under the investigation for) sciatica, what is the clinical and cost effectiveness of clinical examination compared to history alone or history with imaging, when each is followed by treatment for sciatica, in improving patient outcomes?
2.	Which validated risk assessment tools are the most accurate for identifying people with low back pain or sciatica at risk of poor outcome/delayed improvement?
3.	What is the clinical and cost effectiveness of stratifying management of non-specific low back pain or sciatica according to outcome of a risk assessment tool/questionnaire?
4.	What is the clinical and cost effectiveness of performing imaging (X-ray or MRI) compared with no investigation to improve functional disability, pain or psychological distress in people with low back pain and/or sciatica?
Non-invasive treatments	
5.	What is the clinical and cost effectiveness of self-management in the management of non-specific low back pain and sciatica?
6.	What is the clinical and cost-effectiveness of exercise therapies in the management of non-specific low back pain and sciatica?
7.	What is the clinical and cost effectiveness of postural therapies in the management of non-specific low back pain and sciatica?
8.	What is the clinical and cost effectiveness of orthotics and appliances in the management of non-specific low back pain and sciatica?
9.	What is the clinical and cost effectiveness of manual therapies in the management of non-specific low back pain and sciatica?
10.	What is the clinical and cost-effectiveness of acupuncture in the management of non-specific low back pain and sciatica?
11.	What is the clinical and cost effectiveness of electrotherapy (non-invasive interventions) in the management of non-specific low back pain and sciatica?
12.	What is the clinical and cost effectiveness of psychological therapies in the management of non-specific low back pain and sciatica?
13.	What is the clinical and cost effectiveness of pharmacological treatment in the management of non-specific low back pain?
14.	What is the clinical and cost effectiveness of multidisciplinary biopsychosocial rehabilitation programmes in the management of non-specific low back pain and sciatica?
15.	What is the clinical and cost effectiveness of return to work programmes in the management of non-specific low back pain and sciatica?
Invasive treatments	
16.	What is the clinical and cost effectiveness of spinal injections in the management of non-specific low back pain?
17.	What is the clinical and cost effectiveness of radiofrequency denervation for facet joint pain in the management of non-specific low back pain?

18.	What is the clinical and cost effectiveness of epidural injections in the management of people with sciatica?
19.	Does history of previous fusion surgery, smoking status, BMI or psychological distress predict response to surgery in people with non-specific low back pain?
20.	Does image concordant pathology or presence of radicular symptoms predict response to surgery in people with suspected sciatica?
21.	What is the clinical and cost-effectiveness of disc replacement surgery in people with non-specific low back pain?
22.	What is the clinical and cost effectiveness of spinal fusion/arthrodesis in people with non-specific low back pain?
23.	What is the clinical and cost effectiveness of spinal decompression in people with sciatica?