

# Physiotherapy Triage

## Red flag re-direction of patients to A&E/GP consultation

### **\*IMPORTANT\***

'Cauda Equina Syndrome', although rare, can cause a permanent change to your bladder and/or bowel function, or foot strength.

IF you are suffering with low back pain and if you have any changes regarding the following since your pain started;

- Bladder or bowel function (i.e., Increasing difficulty when you try to urinate, increasing difficulty when you try to stop or control your flow of urine, loss of sensation when you pass urine, leaking urine or recent need to use pads, inability of knowing when your bladder is either full or empty, inability to stop bowel movement or leaking, loss of sensation when you pass a bowel motion)
- Loss of sensation / tingling around genitals, back passage, buttocks or inner thighs
- Erectile or ejaculation problems or loss of sensation in genitals during sexual intercourse
- Loss of sensation/ tingling or numbness in both legs
- Weakness in foot (i.e. floppy foot or inability to lift front of foot when walking)

### **If YES call NHS 111 or go to A+E IMMEDIATELY**

IF you are suffering with low back pain and if you have any of the following;

- History of Cancer
- Unexplained weight loss
- Feeling generally unwell/ fever/ lack of appetite

Please contact with your GP as soon as possible to discuss if other investigations are required rather than self-referring to physiotherapy.