

Spinecare Introduction

Consulting a Spine Physician

Consulting a Spine Physician

What to tell your attending Spine Specialist about your back:

Your medical history is an important part of your first encounter with a spine physician. An accurate history of your complaint will make the approach to diagnosis easier and help direct you to the appropriate spine care. Before your appointment with a spine specialist, you should answer the following questions.

- When did the back pain start?
- What does the pain feel like?
- How long does the pain last?
- What time of the day is the pain at its worst?
- What other symptoms have you experienced?
- What other medical conditions do you have?
- What childhood illnesses or injuries have you experienced?
- What is your surgical history?
- Be prepared to review lifestyle habits, both bad as well as good.
- Be prepared to review your family history.
- Have you had any medical testing that has been performed on the spine?
- Do you experience extremity pain, numbness or tingling?
- Do you experience any extremity muscle weakness? IF so, is the weakness progressive?
- What caused the pain?
- Are your bowel and bladder habits normal?