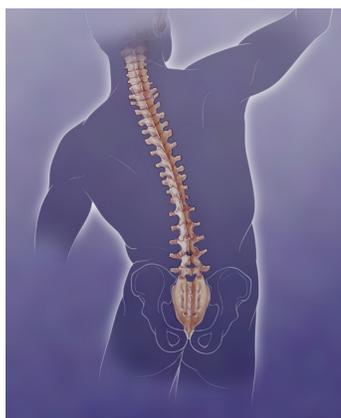


Fragility Vertebral Compression Fractures



CLINICAL DIAGNOSIS

Patient Presentation:

- > 60 yo
- Low mechanism injury
- New pain / tenderness
- Absence of new neurologic findings



Radiologic factors to document:

- X-ray = compression fracture

TREATMENT

- Pain control
- Mobilization
- Avoid lifting / sustained forward bending until pain resolves or 2–3 months
- Brace not required
- MRI not required

1–2 weeks

Failure to mobilize due to pain, or ↑ pain

↓ Pain

Activity as tolerated after 2–3 months


Spine Center Evaluation by Non-operative Provider

Consider



- Osteoporosis Evaluation



- Fall Risk Evaluation