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

Consider
- Osteoporosis Evaluation
- Fall Risk Evaluation

1–2 weeks

Failure to mobilize due to pain, or ↑ pain

Spine Center Evaluation by Non-operative Provider

↓ Pain

Activity as tolerated after 2–3 months