### Fact sheet

**Royal Adelaide Hospital**  
**Spinal Outpatient Services Clinical Information Sheet**

<table>
<thead>
<tr>
<th>Clinical Condition</th>
<th>Spinal claudication (lumbar)</th>
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<tr>
<td><strong>Eligibility</strong></td>
<td>Predominantly lower limb symptoms (with or without back pain) which may be unilateral or bilateral/asymmetrical with claudicant-type features present. Neurological deficits may or may not be present on physical examination. Symptoms must be of sufficient duration (several months) and severity to warrant consideration of surgical intervention.</td>
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| Pre-referral management | Provide reassurance and advice, promote activity/exercise as able  
|                        | Recommend/prescribe appropriate use of simple analgesics +/- NSAIDs (consult the analgesia guideline for neuropathic pain of spinal origin by following the link below)  
|                        | Consider CT scan or MRI (best practice) and referral for specialist opinion if symptoms are of sufficient duration and severity to consider surgical intervention. |

| Priority | SEMI-URGENT/NON-URGENT  
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<td>Refer to the Spinal Outpatient Department via completion of the mandatory referral template (Fax: 08 7074 6247).</td>
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</tbody>
</table>

| Investigations required with referral | Include copies of all relevant investigation findings (as suggested in pre-referral management above) with referral.  
|                                      | **Note:** Pre-referral investigations are not mandatory if a clear clinical diagnosis can be made. |

| Discharge Criteria/information | Discharge following improvement/resolution of symptoms and/or surgical management options no longer being considered |


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**For more information**

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Port Road Adelaide  
Telephone: 08 7074 0000  
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