

Thoracic Back Pain Red Flags Checklist

Instruction: Examine the Thoracic Back Pain Red Flags Checklist and mark applicable symptoms or risk factors. If any boxes are checked, consult a healthcare provider for further evaluation and discuss the results at your medical appointment, as the checklist is intended to support, not replace professional assessment.

Category	Red flags
Age	<input type="checkbox"/> Younger than 20 years old <input type="checkbox"/> Older than 50 years old at onset of pain
History	<input type="checkbox"/> History of cancer <input type="checkbox"/> Recent bacterial infection <input type="checkbox"/> Prolonged corticosteroid use (about 6 months or more) <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Immunosuppression, HIV infection, or IV drug use
Trauma	<input type="checkbox"/> Recent serious injury (e.g. car accident, fall from height) <input type="checkbox"/> Minor injury or heavy lifting in people with osteoporosis
Pain characteristics	<input type="checkbox"/> Constant pain with no relief, even at night <input type="checkbox"/> Severe pain that is getting worse over time <input type="checkbox"/> Pain not caused by sprain/strain (non-mechanical) <input type="checkbox"/> Pain persisting beyond 4 weeks despite conservative treatment
Associated symptoms	<input type="checkbox"/> Unexplained weight loss <input type="checkbox"/> Fever, chills, feeling generally unwell <input type="checkbox"/> Severe morning stiffness <input type="checkbox"/> Structural deformity <input type="checkbox"/> Spontaneous spleen rupture <input type="checkbox"/> Changes in spinal shape, lumps or bumps

Category	Red flags
Neurological symptoms	<input type="checkbox"/> Severe or worsening bilateral leg weakness, numbness, tingling <input type="checkbox"/> Urinary retention, incontinence, saddle anesthesia (cauda equina syndrome)
Others	<input type="checkbox"/> Pulmonary embolism <input type="checkbox"/> Neuroblastoma (mimicking as thoracic back pain)

Disclaimer: The information provided in the Thoracic Back Pain Red Flags Checklist is for general informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment.