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The spinal exam part 1: Lumbo-sacral

The lumbo-sacral spinal exam is a vital component of the patient, encounter when evaluating for back pain, leg pain, paresthesias, weakness, or change in gait. It should be performed in an optimal manner that is evidenced based with the patient strongly encouraged to fully participate in. It need not be superfluous or tedious if it is focused based on the patient history. I usually perform a complete exam on the initial visit and a focused exam on follow-up visits. This usually includes examination of the hips and lower extremities as well. This workshop will focus on patients with complaints related to the lumbo-sacral spine. It is important to keep in mind that no single data point from the history or from the physical, radiographic or electromyographic exam can definitively make a diagnosis. Multiple data points should be collected and a differential diagnosis should then be drawn from these data.

Biography

Anthony Lee has received his Bachelor of Science Degrees in Mechanical Engineering and in Biology with a minor on Music. He pursued his MD from The College of Physicians and Surgeons at Columbia University. He has completed his Internship at New York Hospital Queens and his residency training at NYU in Physical Medicine and Rehabilitation. He has obtained his Fellowship training at New England Baptist Hospital in Spine Medicine. He is a Faculty Physician at Harvard Medical School, directly responsible for training future pain physicians in one of the top pain fellowship programs in the United States. His expertise is in complex spinal disorders, headaches and general rehabilitation. He divides his clinical work between the Department of Anesthesia and the Department of Orthopedic Surgery at Beth Israel Deaconess Medical Center.

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