

Inflammatory Back Pain Assessment

ASAS Expert Criteria

Have you suffered from Back Pain for more than 3 months?

If Yes:

1. Did your back pain start when you were aged 40 or under?
2. Did your back pain develop gradually?
3. Does your back pain improve with exercise?
4. Do you find there is no improvement in your back pain when you rest?
5. Do you suffer from back pain at night which improves upon getting up?

Criteria are fulfilled if **at least four out of five** parameters are present. In this case, please refer the patient to a Rheumatologist.

Adapted from Sieper J et al. New Criteria for Inflammatory Back Pain in patients with chronic back pain: a real patient exercise by experts from the Assessment of Spondyloarthritis international Society (ASAS). Ann Rheum Dis 2009; 68: 784-8.