

## Examples of 55 Co-Morbid and Complicating Factors

Examples of 55 Co-Morbid and Complicating factors from the chapter on treatment frequency and duration ICA BPG document,

There are factors which are expected to slow healing and complicate treatment and justify additional care from a simple case (a case without these factors.) Complicating and co-morbid factors are they relate to physical medicine and rehab (PMR) treatment have been robustly documented in the indexed literature.

Table 7

The patient may present with pain, but with some of the complications listed below. Complicating factors may include these conditions, but are not limited to these.

1. <5 years at same employer
2. Abnormal joint motion
3. Abnormal Posture
4. Absolute cervical spinal stenosis (10-12 mins)
5. Advanced age
6. Asymmetry of muscle tone
7. Cervical Kyphosis
8. Compression fracture
9. Condition chronicity
10. Congenital fused cervical segments
11. Dens fracture
12. Emotional stress
13. Employment satisfaction
14. Ergonomic factors
15. Expectations of recovery
16. Facet fracture
17. Failing as a mechanism of prior injury
18. Family/relationship stress
19. Fixated segment on flexion/extension films
20. Increased spine flexibility
21. Laterolisthesis
22. Leg length inequality
23. Leg pain greater than back pain
24. Level of fitness
25. Likely mechanical tissue damage
26. Loss of cervical lordosis
27. Loss of consciousness after trauma
28. Lower wage employment
29. Lumbar Kyphosis
30. Managing Named Diseases (eg. MS, Chrones Disease, Asthma etc.)
31. NRS >7

32. Obesity
33. One-sided sports/exercise activity
34. Osteoarthritis
35. Pain with radicular signs/symptoms
36. Physical limitations (can't exercise, can't walk, wheelchair, etc.)
37. Poor body mechanics
38. Poor spinal motor control
39. Pre-existing degenerative joint disease
40. Prior recent injury (<6 mos.)
41. Prior surgery in area of complaint
42. Prolonged static postures
43. Reduced muscle endurance
44. Relative cervical spinal canal stenosis (13-15 mm)
45. Retrolisthesis
46. Rheumatoid arthritis
47. Scoliosis (define 10° or more?)
48. Smoking
49. Spinal Anomaly
50. Spondylolisthesis/spondylolysis
51. Surgically fused cervical segments
52. Sustained (frequent/continuous) trunk load >20 lbs.
53. Traumatic causation
54. Wearing high heel shoes
55. Work-related duties