

Low Back Pain – Alternatives in Diagnosis

Injury Based Diagnosis Codes:	Underlying Conditions with Low Back Pain as a symptom:
<p>Low Back Sprain Low Back Strain Herniated or ruptured discs Radiculopathy Sciatica Skeletal Irregularities Spinal Stenosis Spondylolisthesis Traumatic Injury</p>	<p>Osteoarthritis/ Osteomyelitis/Osteoporosis Discitis Cauda Equina Syndrome Endometriosis Rheumatoid Arthritis Sacroiliitis Spondylitis/Spondyloarthritis Tumors/Cancer Kidney Stones</p>

Low Back Pain M54.5_ — *Actually it's not!*

- **Is the low back pain (LBP) a symptom of another disease/diagnosis?**
 - Diagnoses that can be related to low back pain frequently require medication strictly for the side effect of low back pain. The symptom requires treatment separate from the originating diagnosis. Treatment required for the symptom of a diagnosis is considered a separate diagnosis and can have its own plan of care but cannot be the primary diagnosis for the visit.
 - When prognosis is not completely known, the symptom can be used as the diagnosis, *but* only until a diagnosis is confirmed.

- **Is the LBP an injury (sprain or strain) in which the muscles, fascia and/or tendon of the lower back are involved?**

ICD-10 codes for injuries, poisonings and other consequences of external causes require an additional 7th digit. These 7th digits are episode-of-care descriptors:

 - A = Initial encounter: The patient is receiving active treatment for an injury, poisoning, or other external cause.
 - D = Subsequent encounter: The patient is receiving routine care during a period of healing or recovery.
 - S = Sequela: The patient is receiving care for a complication and/or conditions arising as a direct result of an injury. An example of a sequela is a scar resulting from a burn.

Most common ICD-10 codes for the above listed on reverse side

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Diagnosis	ICD-10 Diagnosis Code
Low Back Sprain	S33.5XX_ (A, D, or S)*
Low Back Strain	S39.012_ (A, D, or S)*
Cauda Equina Syndrome	G83.4
Discitis, lumbar region	M46.46
Endometriosis	N80._ _ _ (location, depth & laterality)
Fibromyalgia	M79.7
Herniated or ruptured lumbar discs	M51.26
Intervertebral lumbar disc degeneration	M51.36
Kidney Stones	N20.0
Osteoarthritis, primary	M19.91
Osteomyelitis, lumbar region	M46.26
Osteoporosis	M81.0
Radiculopathy lumbar region	M54.16
Rheumatoid Arthritis vertebrae	M06.88
Spinal enthesopathy lumbar region	M46.06
Sciatica	M54.31 (right side) M54.32 (left side)
Spinal Stenosis of lumbosacral region	M48.07
Spondylolisthesis lumbar region	M43.16
Spondylolysis lumbar region	M43.06
Spondylopathy lumbar region	M46.96
Spondylosis lumbar region	M47.896
Traumatic Injury/Tumors/Cancer	Please refer to the ICD-10 coding manual for these codes.

*7th digit extensions for injuries in above list example: *Low Back Strain, Initial Encounter = S39.012A*

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