**ESTUDO DIRIGIDO**

**LOMBALGIA**

1. A lombalgia é uma queixa frequente nas consultas médicas e se correlaciona principalmente a algumas características dos pacientes. Cite quais são os principais fatores de risco:

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1. Diferencie as características da dor mecânica versus a dor inflamatória:

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1. Defina e correlacione hérnia de disco e lombociatalgia:

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1. Durante a anamnese, é importante atentar para sinais de alerta e bandeiras vermelhas (“red flags”) que podem indicar causas mais graves da lombalgia. Cite quais são:

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1. O que são barreiras à melhora do paciente? Cite cinco exemplos.

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1. O exame neurológico do paciente com lombalgia deve ser minucioso e testar a sensibilidade, força e reflexos. Descreva o exame dos níveis neurológicos de L4, L5 e S1:

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1. Como é realizado o teste de Lasegue e o que ele avalia?

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1. Quais são os principais tratamentos do paciente com lombalgia? Quando o procedimento cirúrgico é indicado?

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