



# Cauda Equina

## WARNING SIGNS

Many patients have a combination of back pain, leg pain, leg numbness and weakness. These symptoms can be distressing for you but don't necessarily require emergency medical attention. A rare but serious back condition, Cauda Equina Syndrome, can lead to permanent damage or disability and will need to be seen by an Emergency Specialist Spinal Team.

- ! Loss of feeling/pins and needles between your inner thighs or genitals
- ! Numbness in or around your back passage or buttocks
- ! Altered feeling when using toilet paper to wipe yourself
- ! Increasing difficulty when you try to urinate
- ! Increasing difficulty when you try to stop or control your flow of urine
- ! Loss of sensation when you pass urine
- ! Leaking urine or recent need to use pads
- ! Not knowing when your bladder is either full or empty
- ! Inability to stop a bowel movement or leaking
- ! Loss of sensation when you pass a bowel motion
- ! Change in ability to achieve an erection or ejaculate
- ! Loss of sensation in genitals during sexual intercourse

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Red flags are clinical findings that increase the level of suspicion that there is a serious medical condition presenting as a common, non-serious, musculoskeletal condition.

Red flags are features from a patient's subjective and objective assessment which are thought to put them at a higher risk of serious condition or pathology and warrant referral for further diagnostic testing.

Physiotherapy cannot be commenced until further investigation has been undertaken and serious conditions are ruled out.



**Any combination seek help immediately!**

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