

PRSR1 FIRST-CLASS MAIL
US POSTAGE PAID
Boise, ID
PERMIT# 1

RETURN SERVICE REQUESTED

Abstract

The purpose of this study was to determine if there were differences in the prevalence of risk factors associated with low back pain between two groups of subjects. The first group consisted of 60 subjects who had no history of low back pain or other musculoskeletal problems. The second group consisted of 60 subjects who had experienced low back pain at least once during their lifetime. Data were collected from questionnaires administered to each subject. The results showed that the prevalence of risk factors associated with low back pain was significantly higher in the second group than in the first group. The most common risk factor was poor posture, followed by heavy lifting, prolonged sitting, and lack of exercise.

Keywords: Low back pain, Risk factors, Prevalence, Questionnaire, Musculoskeletal problems.

DEPARTMENT OF
WATER RESOURCES

03/31/74

HEST648 838152004-1513
RETURN TO SENDER
HESTON, SUSAN M
6273 N LAFAYETTE LN
COEUR D'ALENE ID 83815-0489

RETURN TO SENDER

95-15753