

FREQUENTLY ASKED QUESTIONS



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Can low back pain lead to occupational disability?



No



Yes

1 out of every 10 individuals on assistance for occupational disability is receiving assistance because of low back pain.

Is standing on the job a factor in low back pain development?



Yes



No

In total, 5 studies with good methodology agree with the Bradford Hill causation criteria.

Level of evidence = sufficient

Is lifting objects on the job a factor low back pain development?



No



Likely yes

4 of 9 studies with good methodology found significant associations between lifting between 25 and 35 kg and low back pain.

Level of evidence = sufficient

Is low back pain caused by sitting on the job?



Yes

No

24 studies with good methodology provided strong consistent evidence showing no association.

Level of evidence = sufficient/good quality

Are uncomfortable positions on the job related to the development of low back pain?



Yes



No

6 studies with good methodology provided strong consistent evidence showing no association.

Level of evidence = sufficient/good quality

Is epidural anesthesia associated with low back pain?



Yes



No

2 studies have shown epidural analgesia does not appear to influence the incidence of pain or functional disability.

Is obesity related to low back pain development?



No



Yes

Meta-analysis of 33 studies found overweight and obesity increase risk of low back pain (odds ratio = 1.53; $p < 0.05$)

Level of evidence = sufficient/good quality

Is smoking related to low back pain development?



No

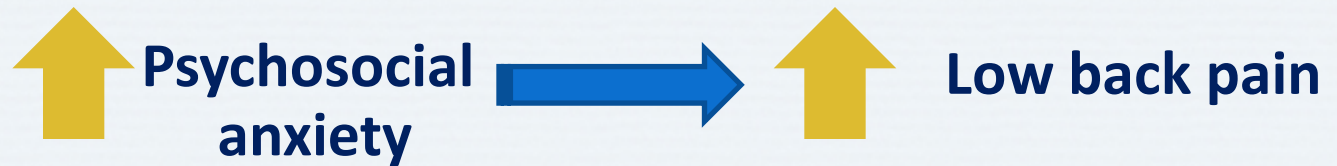


Yes

Meta-analysis of 40 studies with fair methodology showed smoking increased the incidence of low back pain (odds ratio = 1.82; $p < 0.05$), particularly in adolescents

Level of evidence = sufficient/fair quality

Is psychosocial anxiety related to low back pain development?



No



Yes

- Prevalence of low back pain was higher in individuals with concurrent psychological stress (n = 26,611)
 - Prevalence rate ratio for women was 5.9% and 3.5% for men compared with the general population over 16 years of follow up

Level of evidence = sufficient/good quality

What types of exercise should be prescribed for patients with low back pain?

- Most commonly prescribed exercises aim to retrain the multifidus (a back muscle) and transversus abdominis (a deep abdominal muscle)
- These exercises may be supplemented with exercises for the pelvic floor and breathing control