FREQUENTLY ASKED QUESTIONS
### Frequently Asked Questions: Table of Contents

- Can low back pain lead to occupational disability?
- Is standing on the job a factor in low back pain development?
- Is lifting objects on the job a factor in low back pain development?
- Is low back pain caused by the type of chair used on the job?
- Are uncomfortable positions on the job related to low back pain development?
- Is epidural anesthesia associated with low back pain?
- Is obesity related to low back pain development?
- Is smoking related to low back pain development?
- Is psychosocial anxiety related to low back pain development?
- What types of exercise should be prescribed for patients with low back pain?
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?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Likely yes</strong></td>
<td></td>
</tr>
</tbody>
</table>

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.

Level of evidence = sufficient/good quality

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**
  - Prevented 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

- **Yes**
  - Prevented 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