

*JM Stevenson et al. Spine. June (2001) Vol. 26 #12 p 1370.*

A longitudinal study of risk factors for reports of LBP at work.

371 people were asked to take part in this site specific study, 149 (40%) took part.

Inclusion criteria were:

- no history of LBP,
- LBP within the last year but no medical care or change of activities and,
- LBP in last year, no medical care, but some change of activities.( I.e. vulnerable people)

A 16 item questionnaire was completed every 6 months for 2 years (following negative assessment at time zero).

Lifestyle factors, strength and endurance were measured at the outset.

137 (37%) completed all parts 55% of these reported some LBP during this time.

87% of those with new LBP reported minimal disability with LBP over the 2-year period.

Protective factors:

- Age, which is possibly explained by the observation that if you've never had it you are not likely to get it.
- Peak thoracic acceleration.
- Leg endurance.
- Having a confidante perhaps explained by the likelihood of seeking help when needed or perhaps a sign of better emotional adjustment?)

Risk factors:

- Low physical activity.
- Taking medication.

#### Comment

Implications for prevention would seem to be that physical fitness and workplace conditions appropriate to forming friendships are important factors. However, the study left many questions unanswered and the generality of the findings is uncertain.

Further confirmation that reports of LBP are not solely directly related to mechanical factors.

