

Prevalence of Low Back Pain Among Physiotherapist of Lahore

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ABSTRACT: The main objective of this study was to indicate the prevalence of low back pain and level of disability in physiotherapists. A questionnaire based survey was undertaken to detect the prevalence of low back pain and level of disability in 351 physiotherapist (23-35 years old) by using Oswestry and VAS scale. Collected data treated statistically by SPSS. Total physiotherapist are 351, with equal ratio of males (51%) and females (49%). 29 year old and above 30 year physiotherapist were more prone to develop low back pain, 53 physiotherapist among 351 having 71% low back pain in age of 29. Distribution of pain among 351 physiotherapist in VAS 33 (9.40%) female having severe low back pain and 28 (7.98%) are males with severe low back pain. Physiotherapist are majorly at high risk of Low back pain and level of disability. It is associated with heavy load shifting, job requirements, environmental and occupational conditions and work for long duration without any rest. Low back pain is also related with age, gender, BMI, and socio-demographic data of physiotherapist

Key words: Patients, back pain, disability, work related musculoskeletal disorder, physiotherapist.

1. Introduction:

Aims and objectives of the study: The aim of this study was to find out the prevalence of low back pain in physiotherapists of Lahore

Significance: This study revealed that younger physiotherapists are more prone to develop low back pain than older physiotherapist due to poor ergonomics and heavy work load.

2. Literature Review:

Low back pain is one of the most presenting health problem and result in a remarkable individual, community, and economical burden globally. Because the population ages, the worldwide variety of people with low back pain is probably going to extend consistently over the approaching time decline." (1)

Primary incidence of low back low changes from (3%-15.4%) whereas the estimated result of low back pain in those suffer from one year continuously are change between (5%-36%) .

hospital staff members or those who work in clinics have the incidence of low back pain in range of 1 year may also alter as (50%-90%). Previous studies find out the occurrence rate of the complain is mostly observe in 50 above ages and it might be increase with proceeding of age toward (60-70 year) of age and it may decrease gradually with age (2)

Lower back pain in physiotherapist who work in orthopedically manual medical aid techniques, operating in awkward or uncomfortable positions; and high psychological job demands. (3)

Manual medical aid and transfers/lifts were related to fifty four percent of all injuries. Different activities related to injury were distinct to applying area, for example: floor work in pediatrics; useful activities in acute care (4)

It is estimated that physiotherapist at increase risk of getting development of SRMD in one year study with comparison to medicine

specialist and any other surgical specialist Physiotherapists operating in clinical setups have a pair of.40-time increase chances of getting involve in SRMD) relative to surgeon and medicine specialist. (5)

Therapists were involved regarding their passion to work for long period of time in clinical setup. the skilled domain sophisticated these elements by high force applying therapist into an ideally expert.(6)

Therapists nearly 5 folds a lot of probably to have pain in low back when it is compared with social ,living differences are adjusted just only keep in notice the physical , exertion as a provocation elements (7)

Signs of any pain throughout the gradual increase in year, 33 (3.9%) reportable pain in lower back with incapacity throughout the 2-year of continuous work . In ultimate estimation, "causes of pain in lower back," "massive wait lifting ," "personal mental distress in work station, and repeatedly performing same task all were significant risk elements for low back pain occurrence (8)

Physiotherapist belong from urban centers increasing in this study, mostly having high rate of pain in lower back as the occurrence rate of the pathology was concerned with the time of touch with work place spend in a 6 days of week , the portion of their skilled expertise, and the age distribution of peoples.(9).Most of the therapist make uncomfortable positioning and posture by changing their area of support or through changing patient positions they don't get support to apply high force demanding hand maneuver of manipulation that put a large pressure on the body result in low back pain(53.5%) (10)

Prevalence of WRMDs was considerably higher in feminine physiotherapists ($p = \text{zero}.007$) and people with lower body mass index . The low back (69.8%) was the foremost usually affected piece,. half of the physiotherapists initial intimate their WRMDs among 5 years of

graduation and also the highest prevalence (61.7%) was found among physiotherapists younger than thirty years.

3. Methodology

Research is an arduous and systemic method of analysis and gathering of data (Barhyte, 1990).Research methodology is a process of solving a question, in a systemic method, related to a particular topic (Barhyte, 1990).

Study type:Study design used was a cross sectional study to find out the level of low back pain and disability among physiotherapist. The calculated sample size was 340 by the following formula.

$$SS = \frac{Z^2 p(1-p)}{C^2}$$

Parameters of Study:

Age:Any abnormality or pathology related to musculoskeletal system is regarded as disorder of the musculoskeletal system.Age 24-35 years (11)

Occupation: Physiotherapist belong from urban centers increasing in this study, mostly having high rate of pain in lower back as the occurrence rate of the pathology was concerned with the time of touch with work place spend in a 6 days of week , the portion of their skilled expertise, and the age distribution of peoples (9)

3.14 Statistical analysis: For the purpose of analysis and coding of data, Statistical Package for Social Sciences (SPSS), 16 version was used. Statistical Package for Social Sciences (SPSS) is a kind of software used for the purpose of entry of data along with to make charts and tables for the application of apposite tests to test the hypothesis by evaluating p-values (Flinders University, 2013).

4. Results

This chapter demonstrates the outcomes that have received from having back pain from 351 physiotherapist of Lahore.

Descriptive Statistics:

AGE distribution

Mean ± SD of age is 28.16 ± 2.8716

the distribution of gender according to this total no.of respondent is 351.from which female is 51.00% and males are 49.00

	Freque ncy	Percen t	Valid Percent	Cumulati ve Percent
no pain	15	4.3	4.3	4.3
Mild	137	39.0	39.0	43.3
Moder ate	138	39.3	39.3	82.6
Severe	61	17.4	17.4	100.0
Total	351	100.0	100.0	

	N	Mini mum	Maxi mum	Mean	Std. Deviation
Age	351	21.00	36.00	28.168 1	2.48716
Valid N (listwise)	351				

From total population of 351 maximum value is 36%,minimum value is 21%, with mean and S.D IS ±(28.168-2.4871)

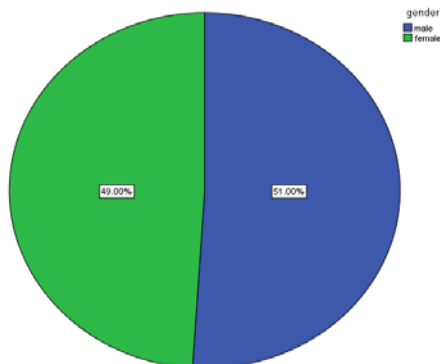
Frequency of VAS

According to VAS , 1(54.3%) having no pain,137 (39%) having mild pain, 138(39%)physiotherapist having moderate pain,61 (17.4%) suffer with severe pain

Frequency of age

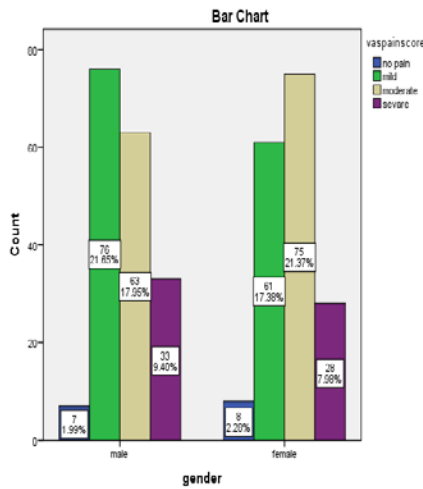
Age in year	Frequenc y	Valid Percent
21.00	2	.6
22.00	3	.9
23.00	4	1.1
24.00	2	.6
25.00	24	6.8
26.00	65	18.5
27.00	52	14.8
28.00	45	12.8
Valid 29.00	53	15.1
30.00	51	14.5
31.00	18	5.1
32.00	10	2.8
33.00	12	3.4
34.00	5	1.4
35.00	4	1.1
36.00	1	.3
Total	351	100.0

Gender distribution



This table shows the distribution of age from(21-36) age range.the valid age is 29 with 53 number of physiotherapist from total number of 35

correlation of gender and visual analogue scale



This table shows the relation of gender and visual analogue scale, according to this, total 179 males responds the VAS and 172 females are involve. 7 males having no pain, 76 having mild pain, 63 suffer with moderate pain, and 33 males having severe pain in VAS, females response are quietly different according to this table 8 females having no pain, 61 females having mild pain, 75 females having moderate pain and 28 females suffer with severe pain

5. Conclusion:

According to this study the prevalence of low back pain and disability in physiotherapist of Lahore, Pakistan 61 (17.4%) physiotherapist suffer with severe pain in from total number of 351, as job requirements, body mechanics, heavy physical work and lack of rest interval are associated with low back pain, an increase level of pain and disability worldwide in physiotherapist is also result of frequent heavy loading, psychological conditions, old age comorbidity and socio-demographic history. The literature shows that there are significant result of low back pain and disability in physiotherapist. female physiotherapist effect more because they are tired more quickly than males during their heavy physical work demand. old age also related with increase risk of incidence due to lost of stamina. week musculature and due to co-morbid conditions.

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