

P59: Physical activity and low back pain in former athletes

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Introduction: The majority of guidelines accentuates the regular physical activity and exercise as a protective factor in chronic pelvic low back pain. Surprisingly, there is some controversy about the possible protective role of physical activity (PA) in low back pain.

Objectives: To compare physical activity between former athletes with and without nonspecific chronic pelvic low back pain. To analyze the relationship between physical activity and functional low back pain disability in former athletes with nonspecific chronic pelvic low back pain.

Materials and Methods: This is an observational study in federated former athletes (n = 314), mostly male (52.2%) with mean (SD) age of 24.1(6.96) years. Study assessments were performed through an online questionnaire, encompassing the Portuguese versions of IPAQ and the Oswestry Low Back Pain. Descriptive and multivariate analyses were performed.

Results and Discussion: Almost 50% of the subjects reported nonspecific chronic pelvic low backpain (49.05%), mostly in female gender (55.8%; p=0.007). Participants with low back pain reported higher physical activity levels (p<0.001). Multivariate analysis revealed that moderate PA (p<0.001) and sex (p<0.001) explains 10.8% of the total variability of the functional low backpain disability.

Conclusion: Physical activity seems to be related to functional disability in former athletes with nonspecific chronic pelvic low backpain. Nevertheless, further research is needed to corroborate these results.

References

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