



REGULAR PHYSICAL ACTIVITY AND FAT MASS REDUCTION: PREVENTIVE MEASURES OF LOW BACK PAIN

Introduction

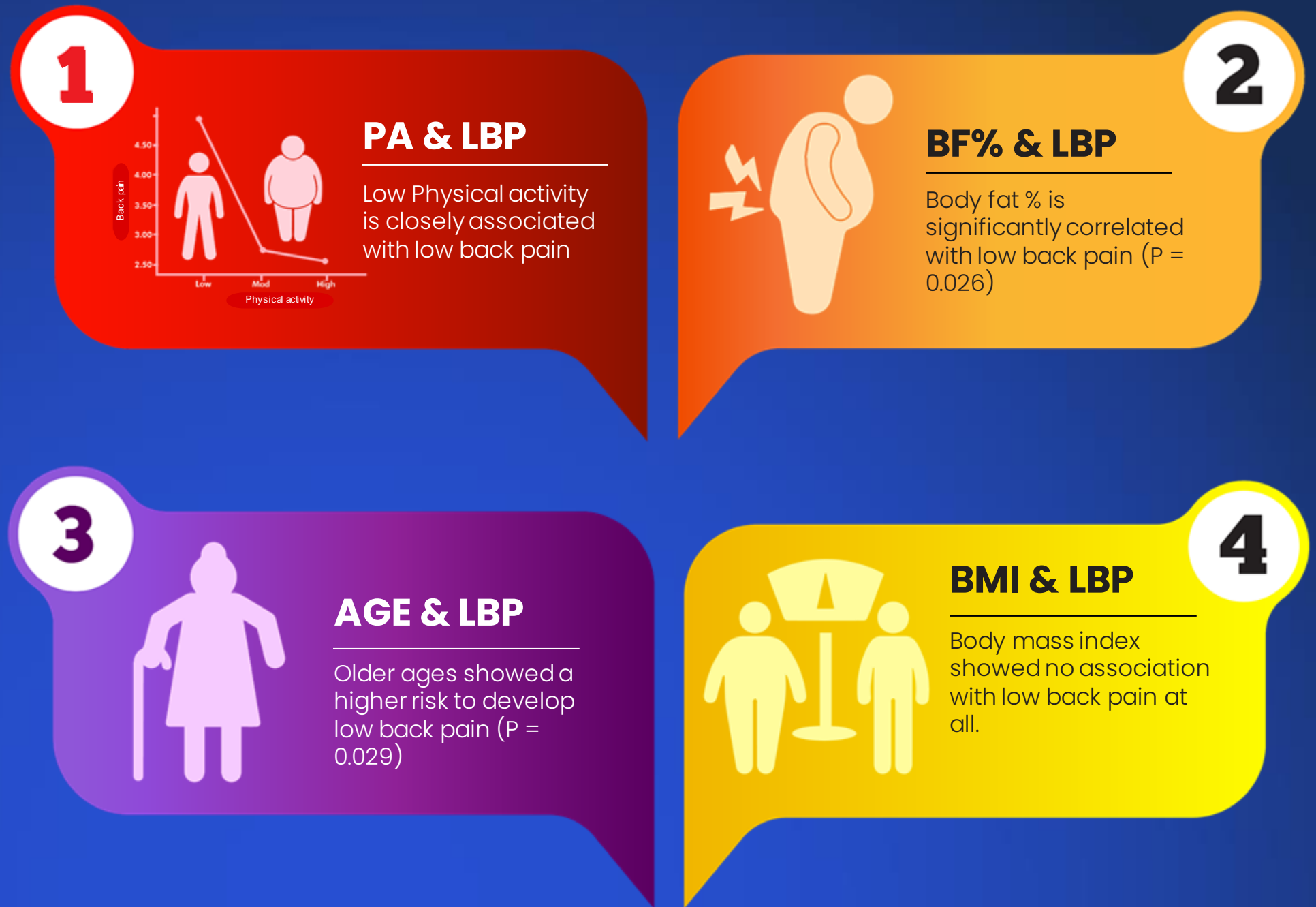
Low back pain (LBP) is an extremely frequent and annoying symptom that affect people regardless their ages. LBP is tightly associated with sedentary physical activity (PA) and prolonged sitting durations. Although plenty of factors are associated with low back pain, still low back pain is the major contributor. Other contributing factors include age and gender. The present study aimed to assess the major risk factors of LBP.

Methods

A cross-sectional study will be conducted on 207 adults who filled an online survey which contained anthropometric data sheet, International Physical Activity Questionnaire-Short Form and Roland Morris Disability Questionnaire. Further estimated body composition measures were calculated. Data was analyzed using SPSS statistics software.

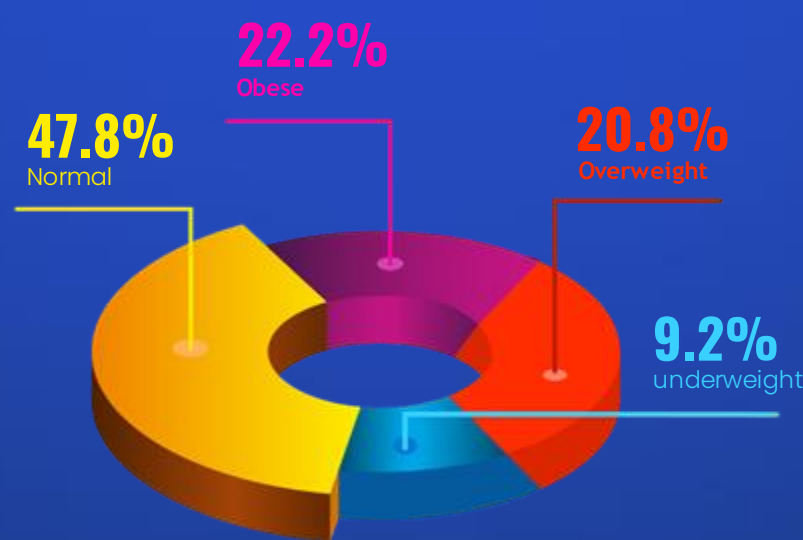
Conclusion

LBP burden is not restricted to elderly, however people may struggle with it in any age. Regular PA bouts and fat mass reduction are the major preventive measures of LBP.

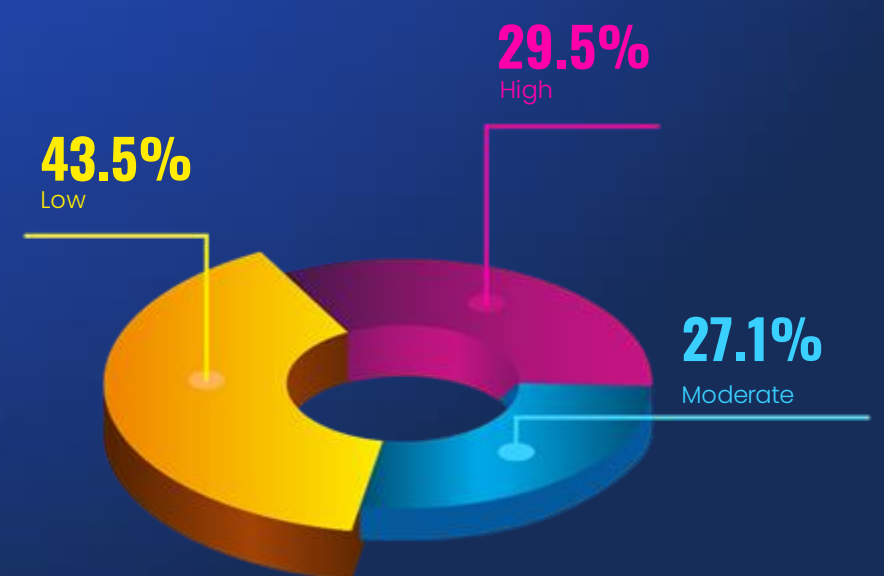


DESCRIPTIVE STATISTICS

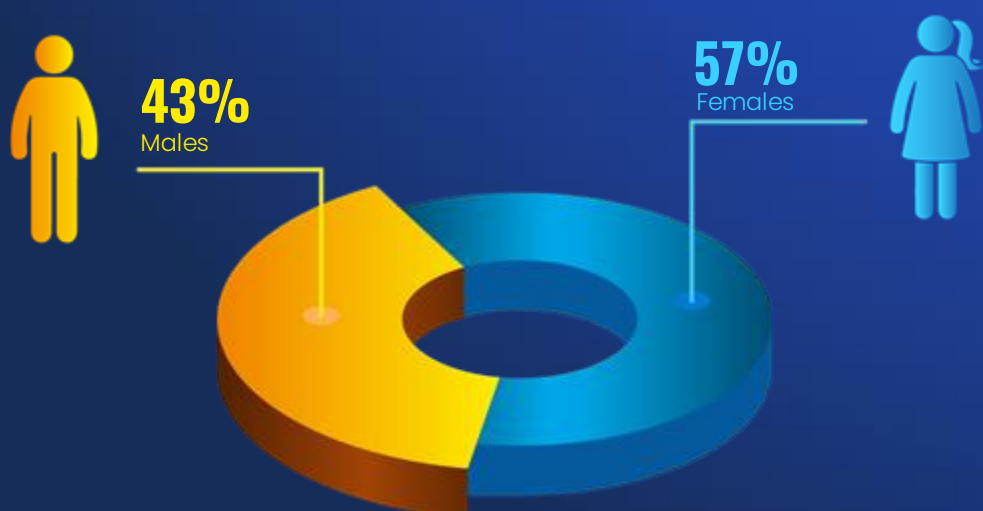
BMI CATEGORIES



PHYSICAL ACTIVITY CATEGORIES



GENDER



AGE: MEAN = 24.9 / STANDARD DEVIATION = 8.02

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