

## عنوان مقاله:

Physical Activity Level in Two Groups of Patients with Chronic Low Back Pain

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 1، شماره 4 (سال: 1395)

تعداد صفحات اصل مقاله: 5

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## خلاصه مقاله:

Background: Sport and exercise therapy can be used for low back pain s prevention. This research was aimed to evaluate the level of functional disability, pain intensity difference between the two groups of patients with chronic low back pain. Methods: this study was a cross-sectional-applied research conducted from December 2015 to March 2016 on the employed (N = 50) and nonemployee people (N = 40) suffering from chronic low back. Physical activity level and demographic properties in all subjects were measured by Baecke physical activity questionnaire. The data were analyzed using SPSS software version 16. Results: Totally, two groups employees (N = 50) with an average age of  $45.14 \pm 0.85$  years old and the non-employee (N = 40) people with an average age of  $45.42 \pm 0.98$  years old took part in the study. No significant differences was observed between both groups on such variables as age, weight, height ( $P > .05$ ). Significant difference was observed between the mean body mass indexes between two groups so that among the employed group was more than the non-employed ( $p < .05$ ). Significant difference was observed about the physical activity ( $p < .05$ ) and exercise ( $p < .05$ ) between two mentioned groups in free time. Conclusion: This study revealed the different groups of people who have different jobs may be different due to physical activity

## کلمات کلیدی:

Low back pain, Physical activity, Baecke physical activity questionnaire

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/682385>

