

Nordeman L, Gunnarsson R, Mannerkorpi K. Predictors for future activity limitation in female patients with chronic low back pain. 9th Interdisciplinary World Congress on Low Back Pain and Pelvic Girdle Pain; Singapore 2016.

Introduction

Non-specific chronic low back pain (CLBP) have various impact on body functions, activity and participation in daily life and it is a common cause for consulting primary care. The knowledge about various prognostic factors for the recovery for patients with CLBP is still limited.

Purpose/Aim

To investigate prognostic factors for future activity limitation in women with CLBP consulting primary care.

Materials and Methods

A prospective longitudinal cohort study. Female patients with CLBP consulting primary care were assessed at baseline and re-assessed after two years. Prognostic factors for self-reported activity limitation related to low back pain were analysed by multivariate regression.

Results

At the two years 95 % (n=123/130) were followed up. A walk test, self-reported clinical stress symptoms and activity limitation predicted activity limitation at the two-year follow up.

Conclusion(s)

Physical performance, self-reported clinical stress and activity limitation at baseline was shown to be of prognostic value for future activity limitation in women with CLBP.