Predictors for future activity limitation in female patients with chronic low back pain consulting primary care

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Conclusion
Physical performance, self-reported clinical stress and activity limitation at baseline was shown to be of prognostic value for future activity limitation in female patients with chronic low back pain.

Background
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
To investigate prognostic factors for future activity limitation in female patients with CLBP consulting primary care.

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 at the 2-year follow-up were analysed by multivariate regression.

Most important findings
At the two years 95 % (n=123/130) were followed up. A walk test, self-reported clinical stress symptoms and activity limitation at baseline predicted activity limitation at the 2-year follow-up.

Keywords: Chronic low back pain, prognostic factors, primary care.

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