



SWEDEN



AUSTRALIA

# 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.

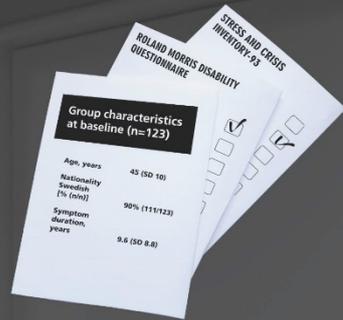
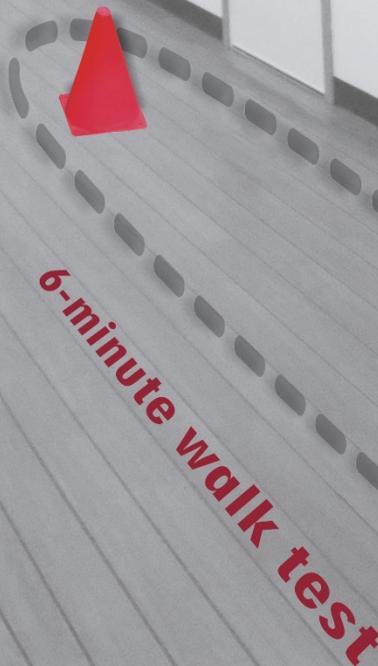
## Prospective longitudinal cohort study

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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