Low Back Pain during Childhood and Adolescence

It is important to note that back pain during childhood and adolescence is a major public health concern and can have significant implications for both the individual and society. Studies have shown that back pain is common in children and adolescents, with a prevalence of around 10% in children and 12% in adolescents (1).

A recent study found that children and adolescents with back pain are more likely to have other health problems, such as headaches and migraines. This highlights the need for early intervention and management of back pain in this age group (2).

The International Association for the Study of Pain (IASP) is a global organization that brings together scientists, clinicians, healthcare providers, and policymakers to stimulate and support the study of pain and translate that knowledge into improved pain relief worldwide (3).

There are several risk factors associated with back pain in children and adolescents, including genetics, obesity, and physical activity levels. These factors can contribute to the development of back pain, and early intervention is crucial to prevent long-term complications (4).

In conclusion, back pain during childhood and adolescence is a significant public health issue that requires continued research and attention. Early intervention and management of back pain in this age group are essential to prevent long-term complications (5).

References:
6 Multiple treatment strategies for shoulder pain include exercises, physical therapy, medication, and lifestyle changes. In clinical practice, the management of shoulder pain requires a comprehensive approach that involves both conservative and surgical interventions. (15)

7 The pain of shoulder arthritis may be improved with nonsteroidal anti-inflammatory drugs (NSAIDs) and physical therapy. However, the long-term efficacy of these treatments is not well studied. (4, 16)

8 In young children and adolescents, shoulder pain may be due to a variety of factors, including trauma, sports injuries, and developmental disorders. (4, 15)

9 The treatment of shoulder pain in children and adolescents includes medication, physical therapy, and lifestyle modifications. (17, 18)

10 The prevalence of shoulder pain in children and adolescents is not well documented. However, it is estimated that up to 50% of children and adolescents may experience shoulder pain at some point in their lives. (5)

11 The treatment of shoulder pain in children and adolescents includes medication, physical therapy, and lifestyle modifications. (19, 21)

12 The management of shoulder pain in children and adolescents includes medication, physical therapy, and lifestyle modifications. (21-19)

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REFERENCES


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