Prevention of Low Back Pain: The Importance of Intervention from an Early Age

**FACTSHEET**

**Prevention of Low Back Pain: The Importance of Intervention from an Early Age**

**Treat:**

Preventive measures in early childhood may reduce the risk of low back pain later in life.

**Prevent:**

- **Osteoporosis:** Low bone density can lead to fractures in older age.
- **Degenerative spondylolisthesis and vertebral canal stenosis:** These conditions can cause back pain.
- **Abdominal pain:** Common causes include appendicitis, diverticulitis, and kidney stones.

**Prevention:**

- **Exercise:** Regular physical activity helps strengthen muscles and improve flexibility.
- **Nutrition:** A balanced diet rich in calcium and vitamin D is essential.
- **Sleep:** Adequate restful sleep is important for recovery.

**Early intervention:**

- **Physical therapy:** Helps improve strength, flexibility, and range of motion.
- **Education:** Provides knowledge about pain management and prevention.

**Important facts:**

- **1 in 3 people** will experience back pain at some point in their lifetime.
- **1 in 5 people** will suffer from chronic back pain.
- **80% of adults** will experience back pain at some point in their life.

**Prevention tips:**

- **Maintain a healthy weight:** Excess weight puts pressure on the back.
- **Get regular exercise:** Include strength training and stretching exercises.
- **Avoid smoking:** Smoking can lead to poor blood flow and decreased oxygen levels.

**Support resources:**

- **National Institute of Arthritis and Musculoskeletal and Skin Diseases:** Offers information and resources for back pain.
- **American Pain Society:** Provides education and support for people living with pain.

**Disclaimer:**

This information is not intended to replace professional medical advice. Always consult a healthcare provider for personalized advice.

© International Association for the Study of Pain

All rights reserved.
educational interventions for low back pain: a critical review of randomized controlled clinical trials. European Spine Journal


REFERENCES


TRANSLATOR:
Dr. Asma Abdu’s Salam
Assistant Professor
Department of Anaesthesiology
Dr. Zia Uddin university hospital
Karachi, Pakistan

REVIEWER:
Dr. Gauhar Afshan
Professor
Department of Anaesthesiology
Aga Khan University
Karachi, Pakistan.