2020 GLOBAL YEAR FOR THE PREVENTION OF PAIN

FACTSHEET

預防下背痛:從年輕時開始做起

介紹

慢性下背痛（Low back pain; LBP）是一個全球性問題，影響著個人和社會。研究顯示，下背痛的終生盛行率高達 84%，而慢性下背痛的盛行率約為 23%，其中 11-12%的人因下背痛而失能[1]。慢性下背痛的危險因子包括遺傳傾向(genetic predisposition)、生活方式、職業以及衰老[25]。儘管下背痛的預防可以改善生活品質和失能損失人年數(years lived with disability;YLD)，但與下背痛治療評估的大量研究數相比，評估預防（尤其是一級預防）的證據不足，即使有，多數來源亦是針對高收入社會中成年人的研究。現有的指引是否適用在兒童或在中低收入國家中實行尚不清楚[7]。患有骨質疏鬆症，退化性脊椎病變和椎管狹窄的人經常會經歷下背痛。然而，由於生物學和社會心理因素的相互作用，很難確定疼痛的具體來源[11，23]。

骨質疏鬆症

骨質疏鬆症的定義是當骨密度降低致增加骨折風險之程度。超過 50%的女性到 70 多歲時會發展成骨質疏鬆症，而男性則是約有 17%至 80 多歲左右會發展為骨質疏鬆症; 60 歲以上、有症狀的椎骨骨折風險，女性為 18%，男性為 11%[16，24]。即使沒有明確的骨折，骨質疏鬆症也會引起下

背疼痛 [17]。骨質疏鬆性骨折可引起急性疼痛，且導致脊柱畸形（主要是後凸畸形，俗稱駝背），同時也增加慢性疼痛風險。儘管遺傳因子佔骨質疏鬆症風險的 40-80%，但後天因素：如營養狀況、運動習慣和內科疾病均為可影響因素[12，18]。

介入措施

早期介入可預防骨質疏鬆症的發作。如確保飲食中鈣和維生素 D 的攝入量充足，並參與體育運動（例如體操，排球，籃球和壘球等），可以有效地增加 18 歲以下族群的骨量，並降低日後骨折的風險[5、15、21、22]。將這些介入措施持續到中年對於保持骨量和降低骨折風險也很重要[2]。但是，老年族群必須注意，不熟悉的運動可能會引起不良影響，例如肌肉拉傷、關節受傷和骨折而引起疼痛加重[13]。

退化性脊柱病可能與脊柱畸形（例如駝背）和不穩定有關，這也是發展為下背痛的已知危險因素[4]。研究顯示，糾正骨盆傾角異常，改善脊柱肌肉力量和神經控制對於預防或減少下背痛至關重要，通過鍛鍊可改善正位體態（alignment）和核心肌肉力量，例如鍛鍊下背部和腹部肌肉，都是有效果的[9]。合理地建議每週進行 2-3 次伸展、有氧運動和強化鍛鍊相結合，以預防一般族群的下背痛 [19]。

想要預防職業所造成的下背痛，運動也是一個很有效的方法，不管您是只有採行一般的運動，或者也有搭配特定活動的教練課程。有一些人因工程的設計例如可以支撐腰部的背靠、升降裝置、調整工作環境、工作輪調、以及產線的調整，成效都沒有運動來得好[8,10,20]。

在孩童[14]、成人[6]、或是工作職場中[10]， 單靠教育宣導是無法達到有效預防下背痛的成果的。有些國家也嘗試利用一些大眾傳播媒體的宣傳試圖改變民眾對於背痛的看法，並且也企圖要鼓勵民眾做出行為改變，不過這個做法的成效成有待商榷[3]。

結論

需要開展更多的研究來制定和實施有效並具有成本效益的策略，以預防下背痛並促進人們參與體育和社會活動。

總體來說，下背痛是一個全球性問題，需要以創新方法來制定、實施預防策略，以減少失能與改善生活品質。改善營養和鼓勵運動是從小就可以預防下背痛的最有效策略。

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