Relationship between chronic low back pain and fear of movement in computer users – A correlation study

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Chronic low back pain (CLBP) is one of the most frequent musculoskeletal problems, about 80% of people suffer from CLBP during some point of their life. CLBP has become an increasingly problematic issue over the past century and has received increasing amounts of attention and concern due to the burdens placed on health systems and social-care systems. Pain and pain-related disability are the commonest features. Disability in low back pain affects the daily functional activities which may be pronounced due to fear of movement. Researchers stated that negative orientation to the pain and movement in the spine results in disability. Studies on the fear of movement and low back pain are now extensively done. There are selected evidences showing that fear of movement has a close association with low back pain, however it has not been extensively studied with chronic low back pain. So this study aims to find out the relationship between the chronic low back pain and fear of movement. Study focus on 150 computer professionals with low back pain more than 6 months of duration. All are screened well prior to the participation of this study. Consent was obtained from all the participants and this study was accepted by university ethical committee. Study was carried for six months and the data were collected using Numerical pain rating scale for measuring pain and fear of movement were evaluated using Tampa scale of kinesiophobia. The data’s were analyzed using Karl Pearson’s correlation coefficient. The result of the study shows that there was a strong positive correlation with the r value of 0.859. The study concludes that the chronic low back pain and the fear of movement were highly correlated.

Biography

Subramanian S has completed his Master of Physiotherapy from TN Dr. MGR Medical University, Chennai, India. He has more than 10 years of working experience in physiotherapy. He has done various research works in physiotherapy. He is one of the researchers in the ongoing research on chronic low back pain. He has done various posters and paper presentations in national as well as international conferences.

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