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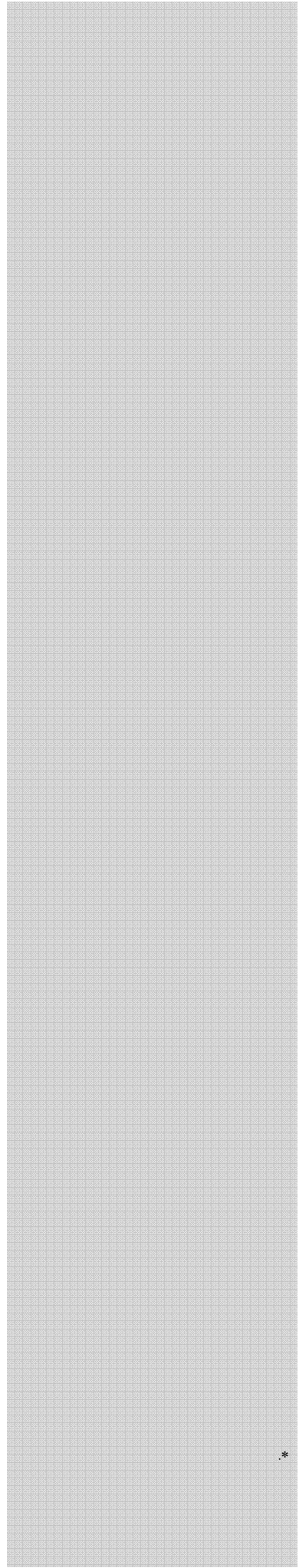
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Estimation of the prevalence of low back pain and related disability in bank office workers in western Tehran

Abstract:

Introduction: Low back pain is the most common musculoskeletal disorder.

Materials and methods: 530 office workers (bank personnel) from the western part of Tehran entered our study according to simple randomized selection. People who were excluded from the study were file clerks and servants. The prevalence of low back pain was assessed using a questionnaire. The prevalence of disability was assessed by means of the "Oswestry" questionnaire. Measured variables were: age, sex, weight, height, present low back pain and its duration, previously experienced low back pain, smoking habits, use of foot and arm rests, duration of sitting, job satisfaction, seating comfort, performing a second job, and job flexibility.

Results: The prevalence of low back pain was 34.5% percent in our study, with a mean age of 35.01 years for men and 34.61 years for women. The mean duration of low back pain was 4.33 years in persons who had acute LBP (LBP in pervious month), the mean percent of disability was 9.02 percent for all individuals and 26.1 percent for those who had acute LBP. Mean duration of sitting was 5.63 hours.

In this study low back pain was strongly related to age, duration of sitting, and to working history. The average of disability was significantly related to use of foot rest, feeling of comfort during sitting, history of pervious LBP and flexibility.

Conclusion: Low back pain is prevalent among office workers in banks of Tehran. It causes significant disability and costs, although it can be easily prevented and managed through simple practical ergonomic and administrative measures. Proper body posture and joint positioning with the help of proper foot rests and well-designed work-rest cycles are the most important actions which reduce local joint stress and preserve joint integrity. These simple measures reduce the prevalence and costs of low back pain.

Key words: LBP, Disability, Bank personnel

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