LOW BACK PAIN IN SPA CENTRE

Ksenija Miladinovic (M.D), Samiha Hodzic (M.D), Eldan Lokmic (M.D)

CENTRE FOR MEDICAL REHABILITATION
"REUMAL" FOJNICA
BOSNIA & HERZEGOVINA

Low back pain, acute or chronic, with or without expanding to lower limbs (lumbar/lumbosacral pain) is a challenge not only for therapy but like a diagnostic entity as well. Therefore we can regularly find refreshed epidemiological studies about low back pain.

Goals of our six years retrospective study were following:

1. to select diagnostic entities which refer to low back pain
2. to get the hospital prevalence of low back pain within six years period and to compare movement of the prevalence by the years
3. to get sex and age overview of the patients
4. to compare our results with other studies data

Study involved 55 725 patients who were stationary rehabilitated in the medical spa centre "Reumal" in Fojnica from January 1997 to December 2002. From this sample we isolated 12 296 patients with diagnosis which referred to low back pain. For statistical processing we used Hi-square and Kolmogorow-Smirnow test to determine statistical significance of differences.

Outcome results of our selected sample showed total hospital prevalence of low back pain 22,06 %, and analysing year by year it was in the range from 17,8 % to 28,6 %. Male patients were dominant group in the total sample in proportion of 54,8 : 45,2. This proportion was independent of separate year by year investigation. Average age was from 44 to 58 and there was linear increasing from the first to the last year of the study. The most frequent diagnostic entity was syndroma lumbar / lumbosacral with 37,26 %, then hernia disci with 27,96 %, radiculopathy with 15,54 %, spondylosis with 11,86 % and lumboischialgia with 7,38 %.

Results of some epidemiological characteristics of low back pain from our study correlate to results of other studies.