Results.– For the 45 patients, average age was 40 years, average weight 81 kg, BMI 25.6, average age of occurrence of poliomyelitis 3 years earlier, 55% have a medium or primary level education, 49% without employment, most were civil servants, 51% had medical histories, 51% had undergone poliomyelitis surgery.

Pain.– The incidence of spinal pain was 35% (16/45). 21 patients had pain; 76% of them spinal pain. Among the five quantitative variables (age, BMI, weight, height, walking distance), none were correlated with the presence of spinal pain. Those with amyotrophy had less risk.

Discussion and conclusion.– In this preliminary study, correlation with the biometric factors was not found, in agreement with the results of other authors. Some variables were related to spinal pain, such as the absence of amyotrophy.

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Chronic low back pain and obsessive compulsive disorder: Union is strength

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Keywords: Chronic low back pain; Multidisciplinary rehabilitation treatment; Mental disorders; Obsessive compulsive disorder; Cognitive Behavioral Therapy; Care network

Introduction.– Mrs H, aged 44, was referred to the multidisciplinary pain consultation for chronic low back pain. The multidisciplinary assessment pointed out the recent decomposition of an obsessive compulsive disorder (OCD), physical deconditioning and occupational distress. The psychological data collected from the patient revealed a vicious circle between job stress, ritual washing after work and aggravation of painful experiences. The proposed treatment plan was directed primarily towards cognitive behavioral therapy (CBT) focusing on OCD then in a second step on a multidisciplinary rehabilitation treatment. The objectives of the CBT were workplace stress management and progressive reduction of washing time.

Observations.– After 6 months these goals were achieved. However, the patient expressed a complaint about her body image, an experience of disability and the persistence of a kinesiophobia limiting her leisure. To achieve these new objectives Mrs H was included in the rehabilitation dynamic program for chronic low back pain proposed by the rehabilitation center.

Conclusions.– This study suggests significant improvement of functional and capacities quality of life in patients with chronic low back pain after a “Light FRP”.

References


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Radiographic assessment of lumbar pelvic sagittal alignment in sitting position: Preliminary study

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Keywords: Lumbar spine; Sagittal alignment; Low back pain

Introduction.– Prolonged sitting with spinal flexion has been linked to low back disorders including at work [1]. Sitting in combination with other co-exposures such as vibrations and awkward posture increases the association with low back