

The International 22nd Puijo Symposium
"PHYSICAL EXERCISE IN CLINICAL MEDICINE –
CRITICAL APPRAISAL OF SCIENTIFIC EVIDENCE"
June 24 - 28, 2014 Kuopio, Finland

LOW BACK PAIN IN YOUNG TEAM SPORT PLAYERS

Pasanen Kati¹, Rossi Marleena¹, Tokola Kari², Heinonen Ari³, Parkkari Jari¹, Kannus Pekka⁴

¹ Tampere Research Center of Sports Medicine, UKK Institute of Health Promotion Research, Tampere, Finland

² UKK Institute of Health Promotion Research, Tampere, Finland

³ Department of Health Sciences, University of Jyväskylä, Jyväskylä, Finland

⁴ Injury and Osteoporosis Research Centre, UKK Institute of Health Promotion Research, Tampere, Finland

Corresponding author: Kati Pasanen, E-mail: kati.pasanen@uta.fi

Objective:

Aim of this retrospective cross-sectional study was to investigate the prevalence, nature, severity and risk factors of self-reported low back pain in young basketball and floorball players.

Methods:

Eighteen teams comprising 401 young players (mean age: 15.8 ±1.9), responded a standardized Nordic questionnaire for low back pain during the previous 12 months.

Results:

Over half (52.6 %) of all players had suffered low back pain during the previous 12-months, and 16.0 % had received outpatient medical assistance for low back pain. 18.7 % had had time loss from sports activities due to back problems. Among the 211 participants who were suffering from low back pain episodes during the previous year 12.8% had sudden onset of pain, 77.7% gradual onset and 9.5% both. Prevalence of pain symptoms was highest during the game season. Floorball players reported more low back pain symptoms overall as well as time-loss from training due to back problems than basketball players. Family history of musculoskeletal disorders and higher age were associated with LBP in players.

Conclusions:

Low back pain is a relatively common complaint in young team sport players. Targeted measures to examine causes, risk factors and prevention of low back pain in basketball and floorball are needed.