

**NATURAL HISTORY OF LOWER BACK PAIN (PERSPECTIVE
WITH PATIENT OF LOWER BACK PAIN ATTENDED AT CRP)**

By

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ABSTRACT

Purpose: To explore the natural growth of mechanical low back pain among the patients attending at the centre for the rehabilitation of the paralyzed (CRP).

Objective: To explore and the common factors for the natural history of patient with lower back pain. The natural history of common factors in the fields of socio-demographic, pain information, lifestyles related and work and posture related perspectives.

Methodology: A cross sectional study was conducted with a semi-structured administered questionnaire to collect information from 113 lower back pain patients in respects through purposive sampling procedure. Data was numerically coded and captured in Microsoft excel, using an SPSS 20.0 version software program.

Result: this study was found that, this survey showed male and female participants are almost equally among 113 respondents 54% (n=60) were male respondents and 46% (n=53) were female respondents affected. Distribution of participants on the basis of duration of pain shows; 58% (n=66) had 1-6 weeks duration of pain, which means having acute pain, 24% (n=26) had 7-12 weeks duration of pain, which means sub-acute and 18% (n=21) had more than 12 weeks duration of pain, were suffering from chronic pains.

Conclusion: This result of the study indicates that there's need of awareness for low back pain among peoples in Bangladesh. This study can form a baseline for the physiotherapy services provision for the patient with low back pain.