CONCLUSION
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In the light of the present work, the following can be concluded.

1. Of the 188 patients having complaints of chronic low backache attending C.P.D. of this hospital, the maximum age group were in their 5th decade of life (41 - 50 years, 60%).

2. The majority of cases were females (57%).

3. In both the sexes, the maximum occurrence was in 41 - 50 years age group.

4. As per their physical activity, the hard working group was having more problem (60%).

5. The common symptoms of low backache, the stable type of pain was present in maximum cases (85%). Mild pain observed in most of the cases (56%). Maximum cases having complaints of pain more than one year (70%). Other symptoms were painful restriction of movement and few cases were having involvement of bowel and bladder, and lower limb also.

6. Out of 188 cases, only 78 cases showing some radiological sign. The rest of 11 percent were carried out detailed
history and it was found that their pain was either due to improper use of posture or their working condition causes them low back pain.

7. Maximum cases were found of osteo-arthritis (20%), followed by osteoporosis (13%).

8. Other common pathological causes were old healed Pott's spine (3%), loss of lumbar lordosis (7%), prolapsed inter-vertebral disc (7%), spondylolisthesis (6%) and ankylosing spondylitis (6%).

9. Congenital anomaly like spine bifida (4%), diastematomyelia (1%) and congenital vertebral fusion (1%) were also a sensitive factor of low back pain.

10. One case of lumbar canal stenosis (1%) was found which was proved by myelography.

11. Osteomalacia was also found in 3 percent cases.

12. Old traumatic collapse were found in 3% of cases.

13. Calve's disease was found in 1 percent of cases.

14. One case (1%) showing secondary deposit in the spine.

From the above, it was concluded that chronic low back pain was a common problem in 5th decade of life particularly in females. Most seen coming were low back pain. The most common presenting symphoms were mild stable
type of low back pain. About one fifth cases showing no radiological finding and it was observed that improper use of posture causing low back pain to them. The commonest pathological condition causing low back pain was osteo-arthritis.

Besides this, the proper use of posture and mild to moderate degree of exercise can prevent such common problem of low back pain.