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The fifty shades of low back pain

Low Back Pain (LBP) is a medical condition that can be encountered in both general and specialist practice. In several studies, the prevalence of low back pain varies between 10-63% (mean \pm 37%) with no sex difference. Studies in Malaysia showed similar results with the prevalence of low back pain was found to be around 12-60% (higher in population at risk). Low Back Pain (LBP) is a complex multidimensional phenomenon. For some individuals, LBP can be a recurrent and incurable condition while for others can be chronic leading to disability and distress. LBP can be classified into acute or chronic depends on the duration of the pain. LBP can be divided into vertebral, non-vertebral and non-specific pain. The hallmark of treating a patient with low back pain is to understand the symptoms and accurately interpret the physical signs. Only then a proper treatment can be initiated. That can be achieved through careful history and physical examination. The main aim of history and physical examination is to differentiate the serious spinal pathology “Red Flags”, “Yellow flags” and benign musculoskeletal pain. The management of LBP depends on the condition that causes the pain. The current exercise guidelines recommend staying active and avoid bed rest. It is important to avoid exercise immediately after acute episodes and during the exacerbation of the pain. There is no preference for a kind of exercise over another. The FITT module suggests a tailored individual prescription rather than a fix exercise module.

Biography

Ayman Al-Bedri is a pioneer Trainer and a Board Member in Exercise Is Medicine Malaysia (EIMM). His advanced training in Family Medicine gave him the opportunity to deal directly with chronic disease patients offering them exercise prescription. He assisted in training many general practitioners, physiotherapists and exercise professionals during the process of acquiring their EIMM certificates. Currently, he is heading the Exercise Prescription Clinic in the National University of Malaysia Medical Center.

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