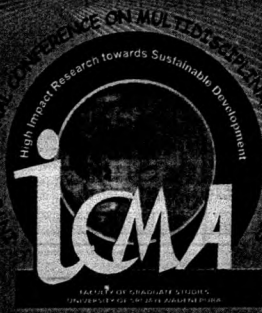


3rd International Conference on Multidisciplinary
Approaches - 2016



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Ministry of Science, Technology and Research

12th to 14th of October, 2016

PREDISPOSING FACTORS THAT CONTRIBUTE TO LUMBAR DISC HERNIATION AND DEGENERATION: A PRELIMINARY STUDY

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Chronic lower back pain associated with lumbar disc herniation and degeneration is rated as one of the major disorder leading to disability in considerable percentage not only in adults but also in young population throughout the world. The exact cause for lumbar disc herniation and degeneration is not well known. Objective of the present was to identify the role of different socio-demographic factors that could predispose lumbar disc herniation in a selected Sri Lankan study sample. After obtaining ethical approval eighty patients admitted for lumbar discectomy in a selected hospital in Colombo were enrolled. They were confirmed for lumbar disc herniation with Magnetic Resonance Imaging. Standardized interviewer administered questionnaire was used to gather data. Among the selected 80 participants there were forty one males (51 %) and thirty nine (49 %) females. Most patients who had lumbar disc herniation were less than 50 years of age (60 %). Although it was traditionally believed that traumatic occupations and heavy physical/mechanical loading are common predisposing factor for lumbar disc herniation and degeneration, according to the present study, majority of participant (62.5 %) did not engage in any such occupations or did not have a history of trauma. Furthermore, present study indicates that a considerable percentage of patients (45 %) who have engaged in strenuous sports activities had lumbar disc herniation. In addition 15% of individuals had history of falls, while 15 % lift weights and 10 % percent had undergone repeated lumbar discectomy surgery. However, 7.5 % of patients had involved in occupational heavy works. In conclusion, present study confirms that chronic low back pain related to lumbar disc herniation and degeneration is not only due to traditionally believed traumatic occupations or heavy physical/mechanical loading. The involvement of high percentage of subjects in sports has to investigate further.

Keywords: *Chronic Low Back Pain, Lumbar Disc Herniation, Degenerative Trauma*

Acknowledgement: Financial assistance by University Grants Commission (Grant no-UGC/DRIC/PG/2013).