

ABSTRACT

PROFILE OF LOW BACK PAIN IN ADULT PATIENTS OF MEDICAL REHABILITATION OUTPATIENT CLINIC IN RSUD DR. SOETOMO DURING JANUARY 2016 – JUNE 2016

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Background : Low back pain has become one of the health issues in the world, including in Indonesia. In 2013, *Centers for Disease Control and Prevention* (CDC) has reported that low back pain was at the eight position (out of ten) as top ten disorders that may cause death in Indonesia. However, most people consider LBP as a simple disorder so that they just leave it untreated. The objective of this study was to describe the profile of low back pain patients, specifically patients of medical rehabilitation outpatient clinic in RSUD Dr. Soetomo during January 2016 – June 2016.

Methods : A cross-sectional study was done by taking the data about weight, height, age, and gender from the medical records of 78 low back pain patients. Those data, including the comorbidities of the patients, were being described and discussed about the direct and indirect effect to the occurrence of LBP.

Results : Most of the LBP patients of medical rehabilitation clinic in RSUD Dr. Soetomo during January 2016 – June 2017 have normal BMI value. The number of female patients is higher than male and most of them are older adults, ranging between 51 until 60 years old.

Conclusions : Low back pain was more prevalent in patients with normal BMI value rather than in overweight, obese, or underweight patients. Female patients and older adults (51 – 60 years old) also had the same tendency.

Keywords : Low back pain, Weight, Height, Age, Gender