

Eli's Rehab Report

CLINICAL REHAB ROUNDUP: Consider 3 Factors When Assessing Athletes With Low Back Pain

Relationship between the hip and low back pain in athletes who participate in rotation-related sports. Harris- Hayes M, Sahrmann SA, Van Dillen LR. J Sport Rehabil. 2009 Feb;18(1):60-75.

Researchers from the physical therapy program at the Washington University School of Medicine sought to find more evidence that hip function is related to low back pain (LBP) because of the anatomical proximity of the hip and lumbopelvic region. To date, findings have been inconclusive, possibly because the samples studied were heterogeneous, researchers proposed. Thus they reviewed cross-sectional studies that examine three factors proposed to be important to the study of the hip-LBP relationship.

Subjects were three groups: athletes with a history of LBP who regularly participate in rotation-related sports, athletes without a history of LBP who are active but do not regularly participate in rotation-related sports, and athletes without a history of LBP who participate in rotation-related sports. Researchers focused on the outcomes of hip range of motion and hip-lumbopelvic region coordination.

Findings: Researchers found differences among groups based on activity demand, LBP classification, and sex. Thus, they concluded that when assessing athletes with and without LBP, therapists should consider characteristics such as activity demand, LBP classification, and sex.