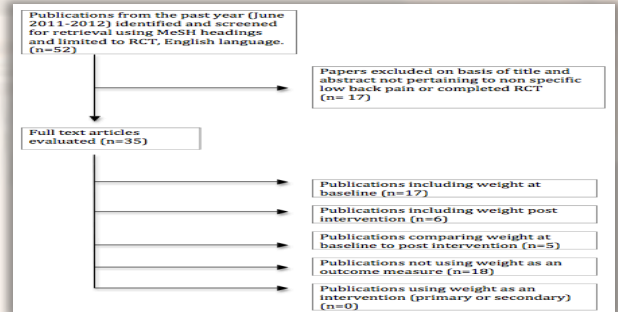


To review the most current literature on treatment interventions for low back pain and determine if weight management is among the interventions used.

- Low back pain is the number two reason Americans see their healthcare professional – second only to colds and flu¹.
- Low back pain is defined as, “acute or chronic pain in the lumbar or sacral regions, which may be associated with musculo-ligamentous sprains and strains; intervertebral disk displacement; and other conditions”².
- Unhealthy lifestyle behaviours are primary contributors to the prevalence of lifestyle-related conditions, including low back pain, this century⁵
- New theories suggest weight loss may reduce the harmful effects of added load on the spine that cause altered biomechanics and increased potential for early degeneration³.
- Current treatment for low back pain does not involve the use of weight management as an intervention⁴.

- Systematic Review
- MeSH terms used in EMBASE
- Limited to RCT, human, English, past year (June 2011-2012)
- Hand exclusion of unrelated articles based on title and abstract.

[illegible]

- Weight is often measured as a baseline outcome of research but is not followed up with or used as a treatment intervention.
- Physiotherapists should work to effect long-term lifestyle behaviour change to improve health and physical therapy outcomes⁶.
- Weight management should be considered a first-line intervention for low back pain.
- More research into the effectiveness of physiotherapists addressing weight management as an intervention for low back pain is required.

- * A.D.A.M. Medical Encyclopedia [Internet]. Atlanta (GA): A.D.A.M., Inc.; ©2005. Nail abnormalities; [updated 2012 May 18; cited 2012 August 10]. Available from: <http://www.nlm.nih.gov/medlineplus/article/003247.html>
- * PubMed [Internet]. Bethesda (MD): National Library of Medicine (US); [cited 2012 August 10]. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/22867886>
- * Walker EK, Rodriguez S, Dagenais S, Hall H. 2008. Evidence-informed management of chronic low back pain with physical activity, smoking cessation, and weight loss. *The Spine Journal*. 8: 195-202.
- * van der Wal M, Rubinstein J, Kijpstra C, van der Wal AC, van der Wal AC, Koes B, Van Tulder M. (2011). A systematic review on the effectiveness of physical and rehabilitative interventions for chronic non-specific low back. *European Spine Journal*. 20:19-39
- * Alexander J, Bambury E, Mendoza A, Reynolds J, Veroneau R, Dean E. (2011) Health education strategies used by physical therapists to promote behaviour change in people with lifestyle-related conditions: A systematic review. *Hong Kong Physiotherapy Journal*. 25:1-10