

# INVESTIGATION OF FACTORS AFFECTING PAIN INTENSITY IN PATIENTS WITH LOW BACK PAIN

Ayşe ÜNAL<sup>1\*</sup>, Filiz ALTUĞ<sup>1</sup>, Yelda KINGİR<sup>1</sup>, Erdoğan KAVLAK<sup>1</sup>

<sup>1</sup> Pamukkale University, School of Physical Therapy and Rehabilitation, Denizli, TURKEY

**Background and aims:** Pain intensity causes inadequate daily living activities in patients with low back pain. This study was planned to investigate the factors affecting pain intensity in patients with low back pain.

**Methods:** One hundred and ninety-five (126 female; 69 male) patients with low back pain, who applied to Neurosurgery Outpatient Clinic in Pamukkale University between January 2016 and December 2016. Pain intensity and questions about factors affecting pain were saved together with demographic characteristics of patients. Visual Analog Scale was used to determine pain intensity.

**Results:** Mean age of patients was  $48.22 \pm 16.46$  years. Mean of pain intensity was  $6.25 \pm 2.30$  and pain duration  $99.45 \pm 225.77$  weeks. 119(61%) of patients while walking, 106(54.4%) of patients when standing for a long time and 103(52.8%) of patients during forward bending stated that an increase the pain intensity. Mostly, it was seen that not working regularly, doing housework and female gender are the factors that increase pain (Table 2). 137(70.3%) of the patients stated that their daily lives were partially affected because of low back pain, 49(25.1%) of the patients became unable to do anything due to pain and 9(4.6%) of the patients did not affect their daily lives.

**Conclusion:** It is important to determine the factors that increase pain intensity in patients with low back pain and to educate of patients in this issue.

**Keywords:** Increasing factors, low back pain, pain intensity.