BACK PAIN AND ADOLESCENT IDIOPATHIC SCOLIOSIS: A DESCRIPTIVE “CORRELATIONAL STUDY

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INTRODUCTION / AIM

Adolescent idiopathic scoliosis (AIS) has a reported prevalence that varies from 2 - 3%. Spinal asymmetry has been recognized as a risk factor for back pain, which is a recognized predicament for health care utilization in adolescents. Spinal pain has not been well studied in this population. Objectives: To assess the prevalence of generalized and regional spinal pain and to verify the association between pain, scoliosis severity and localization in adolescent idiopathic scoliosis patients.

METHODS

Design: Prospective descriptive - correlational study. Participants were recruited from the orthopaedic scoliosis department at Ste-Justine Hospital (Montreal, Canada) from October 2014 until May 2015. Participants were required to complete 2 questionnaires: Brief Pain Inventory questionnaire for pain quality and intensity; Roland-Morris Disability Questionnaire for disability. Linear regression was used to assess possible associations between pain, scoliosis localization, and severity.

RESULTS

Data were available from 500 participants with a mean age of 14.2 (SD=1.8). Spinal pain was expressed in 68% of participants (70% of females and 59% of males), most commonly in the lumbar region (42%) and the thoracic (29%). There was no significant difference in pain intensity between patients with a thoracic 1.68 (SD=1.83), and lumbar scoliosis 1.70 (SD=2.05) (p=0.945). Spinal pain was significantly associated with scoliosis severity and location (Thoracic region p<0.002); (Lumbar region p<0.001). Bracing was significantly associated with a reduced level of spinal pain in either the thoracic region (p<0.001) or the lumbar region (p<0.008).

DISCUSSION / CONCLUSIONS

Spinal pain is a prevalent condition in AIS patients. Considering the burden spinal pain places on society and its long-term consequences in adults, this condition would likely gain from a better reporting system and better management.

OTHER AUTHORS

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