







- [2] Cibulka MT. Lumbago and its relation to the hip and foot. *Journal of Orthopaedic & Sports Physical Therapy*. 1999;29(10):595-601.
- [3] Tomita S, Arphorn S, Muto T, Koetkhlai K, Naing SS, Chaikittiporn C. Prevalence and risk factors of Lumbago among Thai and Myanmar migrant seafood processing factory workers in Samut Sakorn Province, Thailand. *Industrial health*. 2010;48(3):283-91.
- [4] Jones G, Macfarlane G. Epidemiology of Lumbago in children and adolescents. *Archives of disease in childhood*. 2005;90(3):312-6.
- [5] Wirth B, Knecht C, Humphreys K. Spine day 2012: spinal pain in Swiss school children—epidemiology and risk factors. *BMC pediatrics*. 2013;13(1):159.
- [6] Hill JJ, Keating JL. Risk factors for the first episode of Lumbago in children are infrequently validated across samples and conditions: a systematic review. *Journal of physiotherapy*. 2010;56(4):237-44.
- [7] Nourbakhsh MR, Arab AM. Relationship between mechanical factors and incidence of Lumbago. *J. of Orthopaedic & Sports Physical Therapy*. 2002;32(9):447-60.
- [8] Gill C, Sanford J, Binkley J, Stratford P, Finch E. Lumbago: program description and outcome in a case series. *J. of Orthopaedic & Sports Physical Therapy*. 1994;20(1):11-6.
- [9] Wirth B, Humphreys BK. Pain characteristics of adolescent spinal pain. *BMC pediatrics*. 2015;15(1):42.
- [10] Leboeuf-Yde C, Fejer R, Nielsen J, Kyvik KO, Hartvigsen J. Pain in the three spinal regions: the same disorder? Data from a population-based sample of 34,902 Danish adults. *Chiropractic & manual therapies*. 2012;20(1):11.
- [11] Clifford SN, Fritz JM. Children and adolescents with Lumbago: a descriptive study of physical examination and outcome measurement. *J. of Orthopaedic & Sports Physical Therapy*. 2003;33(9):513-22.
- [12] Feldman DE, Shrier I, Rossignol M, Abenham L. Risk factors for the development of Lumbago in adolescence. *American Journal of Epidemiology*. 2001;154(1):30-6.
- [13] Frymoyer J, Pope M, Clements JH, Wilder DG, MacPherson B, Ashikaga T. Risk factors in low-back pain. An epidemiological survey. *The J. of bone and joint surgery American volume*. 1983;65(2):213-8.
- [14] Yue P, Liu F, Li L. Neck/shoulder pain and Lumbago among school teachers in China, prevalence and risk factors. *BMC Public health*. 2012;12(1):789.
- [15] Heuch I, Heuch I, Hagen K, Zwart J-A. Body mass index as a risk factor for developing chronic Lumbago: a follow-up in the Nord-Trøndelag Health Study. *Spine*. 2013;38(2):133-9.
- [16] Harreby M, Nygaard B, Jessen T, Larsen E, Storr-Paulsen A, Lindahl A, et al. Risk factors for Lumbago in a cohort of 1389 Danish school children: an epidemiologic study. *European Spine Journal*. 1999;8(6):444-50.
- [17] Hartvigsen J, Davidsen M, Hestbaek L, Sogaard K, Roos EM. Patterns of musculoskeletal pain in the population: A latent class analysis using a nationally representative interviewer-based survey of 4817 Danes. *European J. of Pain*. 2013;17(3):452-60.
- [18] Kim MH, Chung HY, Yoo WG, Choi BR. EMG and kinematics analysis of the trunk and lower extremity during the sit-to-stand task while wearing shoes with different heel heights in healthy young women. *Human movement science*. 2011;30(3):596-605.
- [19] Sheir-Neiss GI, Kruse RW, Rahman T, Jacobson LP, Pelli JA. The association of backpack use and back pain in adolescents. *Spine*. 2003;28(9):922-30.
- [20] Beach TA, Parkinson RJ, Stothart JP, Callaghan JP. Effects of prolonged sitting on the passive flexion stiffness of the in vivo lumbar spine. *The Spine J*. 2005;5(2):145-54.

### Author Profile



**Fahad Tanveer** is Senior Lecturer, Azra Naheed Medical College, Department of Physical Therapy, Main Raiwind Road, Lahore



**Sana Shahid** is Demonstrator, The University of Lahore, Department of Physical Therapy, Main Raiwind Road, Lahore