

## **Pain and disability functional in elderly with low back pain: A cross-sectional study in the northern region of Brazil**

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**L**ow back pain (LBP) is the primary cause of disability and absenteeism in the workplace, it is a complex multidimensional phenomenon with staggering social costs. These symptoms reduce functional capacity and limit both physical and psychosocial aspects of elderly life. The purpose of the study was to evaluate the pain intensity and functional disability in elderly with low back pain residents of the city of Manaus, Amazonas, Brazil. It was a cross sectional study, approved by the Ethics Committee of the Faculty of Medicine at University of São Paulo, CAAE Protocol.56709716.5.1001.0065. The sample consisted of 548 elderly with low back pain in the last 3 months, aged  $\geq 60$  years old, both sexes. The intensity of low back pain was evaluated using the Numerical Pain Scale with score of 0-10 points and functional disability by the Rolland Morris Questionnaire - Brazil version (RMQ- Brazil) with a score of 0-24 points. Results present the The mean age was 68.50 ( $\pm 6.01$ ) years, women represented 81.56% (n = 447). The

pain intensity in women was 6.25 ( $\pm 2.20$ ) and in the men 5.80 ( $\pm 1.84$ ) points. The overall mean of the RMQ-Brazil score was 11.26 ( $\pm 6.06$ ) points indicating moderate functional disability, in women the mean was 12 ( $\pm 2.34$ ) and in men 9 ( $\pm 1.45$ ) points. These results demonstrates too that LBP is related to functional disability. Furthermore, associated with maintenance of posture, walking speed, locomotion when climbing stairs with assistance and during the activities of daily life in elderly. The elderly population with low back pain in the city of Manaus presents intense pain and moderate functional disability. This study is the first to be carried out in the city of Manaus, Amazonas, Brazil and is believed to contribute to guiding future preventive actions among the elderly population. This study was financed in part by the Coordenação de Aperfeiçoamento de Pessoal de Nível Superior - Brazil (CAPES) - Finance Code 001.

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