SUMMARY & CONCLUSION

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Our study was carried out on 100 athletes of both sexes, representing four different sports, football (30 players), weight lifting (25 layers), tennis (20 players) and volleyball (25 players). A control group of 100 persons of general population, age and sex matched to the study group was also studied.

The aim of this study was :-

(1) Determination of the incidence of low back pain in athletes of Various sports.

(2) Identification of the common causes and risk factors of back pain these athletes.

(3) Examination and reporting the radiological changes in plain X ray occurring in this group of patients.

Each player presenting with low back pain was subjected to :-

(1) Full history taking

(2) Thorough clinical examination

(3) Radiological examination of the dorsolumbar spine from T_{11} to L_5 by both anteroposterior and Lateral views.

Vertebral deformities were defined for each vertebra as follow:-

Wedge = $((hp - ha) / hp) \times 100$

Biconcavity = $((hp - hm)/hp) \times 100$

Compression = ((hp'-hp)/hp') × 100

hp : Posterior height

hm : mid height

ha : anterior height

hp' : Posterior height of the vertebra above or below

(Eastell et al., 1991).

The prevalence of low back pain in the study group was 40%, and it was higher than its prevalence in the control group (23%). In weight lifting and tennis the incidences of LBP were 60% and 45% respectively and both were significantly higher than other sports and the control group. ($P < 0.05$) in both sports.

The incidence of LBP in football and volley ball were 30% and 28% respectively with no significant as compared to the control group ($P > 0.05$).

As regard the causes of LBP, there was a "significant difference for disc prolapse and spondylolisthesis between the study and control groups ($P < 0.05$), while there was no significant difference for back muscle strains and Ligamentous sprains ($P > 0.05$).

Radiological changes showed a significant loss of lordosis, fracture in pars interarticularis and spondylolisthesis in the study group ($P < 0.05$).