

Low Back Pain in Adolescent Athletes; Evaluation and Rehabilitation

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Abstract

Low back is a problem on the rise in adolescents which can be specific or non specific type. The risk increases in adolescents with their participation in sports activities that place a high amount of stresses on the lumbar spine. This not only leads to increased absenteeism from school but also increases the risk to have low back pain in adulthood, hence it is important to do proper evaluation and rehabilitate these adolescents at the beginning. An accurate and comprehensive history goes far in establishing the differential diagnosis. The red flags have to be cleared and proper physical and functional evaluation has to be done. Rehabilitation has to be comprehensive with the aim to facilitate the return of the athlete back to sports. The purpose of this review is to outline the assessment and management methods available for adolescent athletes with low back pain.