

ADVERSE EFFECT OF SMOKING ON BACK PAIN

Published Article

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The exercise and smoking habits of low back or leg pain sufferers vs persons not having low back or leg pain are compared. The type, frequency and length of exercise is determined from a study of 576 low back or leg pain sufferers compared to 50 persons who state they are symptomatic. The same was done for smoking habits. Thirty-three percent of low back or leg pain sufferers smoked as compared to 14% of those without pain. Forth-seven percent of low back or leg pain sufferers as compared to 86% of non-sufferers exercised regularly.

The level of physical activity and general exercise has been found to improve strength, mobility and endurance; this might prevent future back injury. This study is to determine difference in the exercise habits of persons with low back and/or leg pain vs. those who do not have pain, with the intention being to see if pain sufferers exercise less.