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### Prevalence Of Low Back Pain In Bus Drivers

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#### Abstract:

Background: Drivers are exposed to whole body vibration, which shakes and strains the disks of the spine. A number of research studies have investigated possible association between driving and low back pain. Generally there studies have found significant results. Materials and Methods: This prospective cross-sectional study was conducted among drivers in Tehran. We evaluated low back pain in 125 bus drivers and 115 non-drivers in the year 2001. Results & Conclusions: Low back pain was more common in bus drivers (70.4%). Combination of long-term vibration exposure from driving, smoking and not exercising increased the chance of low back pain. There was a significant relation ship between bus driving and low back pain ( $P < 0.05$ )

#### Keywords:

bus driver

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