

The problems of low back pain in Africa

Abstract:

Discussed in this paper are 227 African patients seen in a private clinic in the period August 1982 to March 1987. During the same period 2201 patients were seen. This constitutes 10%. Most of the sufferers were in the third to fifth decades. The male to female ratio was 1:1.7. The housewife, farmer and the professions of secretaries, teachers and nurses constituted the majority. Under our set up the single most useful investigation was a rediculogram. The various methods of conservative treatment are discussed. The operative methods deployed are also discussed as are indications