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Project Title

Relationship between sarcopenia and low back pain in older adults - A cross-sectional analysis of the Canadian Longitudinal Study on Aging data

Project Summary

We propose to use the data from the Canadian Longitudinal Study on Aging to find out whether there is a relationship between the presence of low back pain (LBP) and decreased muscle function in seniors. This research could provide valuable information allowing for the development of preventive and management strategies for LBP in older adults as a specific subgroup, and would thus lead to a decreased burden on the health care system.

Keywords

Low back pain, sarcopenia, older adults, muscle function