INTRODUCTION

Worldwide, back pain is the single leading cause of disability, preventing many people from engaging in work as well as other everyday activities. Back pain is seen to affect a major section of the population these days. Almost everyone has low back pain at some point in life. Due to the high occurrence rate, back pain is considered a common problem, however, few simple lifestyle changes and precautions, if followed well, can lead to a strong and healthy back that is free from pain. One of the best ways to prevent back pain is to keep your back muscles strong.

Back pain even if low grade, not only affect daily activities but also influence mental health negatively. It’s one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide (https://www.acatoday.org; & https://www.mayoclinic.org).

Back pain can affect people of all ages, from adolescents to the elderly. Low back pain can start in a person's early twenties and continue on throughout adulthood. Studies have shown that up to 80% of the general populations are affected by low back pain (LBP) at some time during their lives (Wong, A. Y. et al 2017; & World Health Organization. 2021).

Back pain might range from a dull ache to a stabbing or shooting sensation. The pain may make it hard to move or stand up straight. Pain that comes on suddenly is "acute." It might happen during sports or heavy lifting. Pain that lasts more than 3 months is considered “chronic.” Most people with low back pain recover, however recurrences are common and for small percentage of people the condition will become chronic and disabling (https://www.webmd.com; & https://www.medicalnewstoday.com).
Fortunately, a person can take measures to prevent or relieve most back pain episodes. If prevention fails, simple home treatment and proper body mechanics often will heal the back within a few weeks and keep it functional (https://www.everydayhealth.com; & https://www.narayanahealth.org).

Most of the time, it is treated at home with rest and analgesic ointments and gel. People also take painkillers to relieve their back pain. Pain due to exertion or mild injury usually disappears with these medical remedies and rest. Surgery is rarely needed to treat back pain (https://www.everydayhealth.com; & https://www.narayanahealth.org).

A number of studies conducted in different parts of India reveal widespread ignorance and misconceptions about the low backache among people. As this disease largely relies on prevention and the right information at the right time is essential to bring about a behavioral change when the population is most receptive. Hence, this study was undertaken with the objective to assess the knowledge about preventive factors for low backache among ortho OPD patients in civil hospital Rohru.

Objectives of the Study
1. To evaluate the knowledge of patients attending Ortho OPD towards Prevention of Low backache in civil hospital Rohru.
2. To evaluate the practices of patients attending Ortho OPD in civil hospital Rohru on having Low backache.

RESEARCH METHODOLOGY
- Research Approach-Descriptive
- Research Design-Descriptive survey design
- Setting of the study- Ortho OPD of civil hospital Rohru
- Study duration- between Aug - December 2020
- Study population- Ortho OPD patients in civil hospital Rohru.

Objectives of the Study
1. To evaluate the knowledge of patients attending Ortho OPD towards Prevention of Low backache in civil hospital Rohru.
2. To evaluate the practices of patients attending Ortho OPD in civil hospital Rohru on having Low backache.

RESULTS
The present study was Non-experimental descriptive study carried out to evaluate knowledge of preventive factors for low backache and practices of patients in case of Low backache.

In the present study 35% (140) of the Patients fall were below 40 years of age while 65% (260) were above 40 years. 54% (216) of patients were male and 46% (184) were female.

Table-I: knowledge of patients towards Prevention of Low backache

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Preventive Factors</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Maintain good posture</td>
<td>214</td>
<td>53.5</td>
</tr>
<tr>
<td>2.</td>
<td>Stand and sit up straight</td>
<td>54</td>
<td>13.5</td>
</tr>
<tr>
<td>3.</td>
<td>Exercise regularly</td>
<td>302</td>
<td>75.5</td>
</tr>
<tr>
<td>4.</td>
<td>Eat healthily and balanced diet</td>
<td>12</td>
<td>3</td>
</tr>
<tr>
<td>5.</td>
<td>Maintain weight</td>
<td>38</td>
<td>9.5</td>
</tr>
<tr>
<td>6.</td>
<td>Quit smoking</td>
<td>10</td>
<td>2.5</td>
</tr>
<tr>
<td>7.</td>
<td>Reduce your stress Tension and anxieties</td>
<td>9</td>
<td>2.25</td>
</tr>
<tr>
<td>8.</td>
<td>Good night’s sleep</td>
<td>55</td>
<td>13.75</td>
</tr>
<tr>
<td>9.</td>
<td>Calcium and Vitamin D supplements</td>
<td>123</td>
<td>30.75</td>
</tr>
<tr>
<td>10.</td>
<td>Avoid heavy lifting</td>
<td>109</td>
<td>27.25</td>
</tr>
</tbody>
</table>

Among the total patients maximum 302( 75.5%) replied that Exercise regularly helps in prevention of low backache followed by Maintain good posture 214(53.5 %), Calcium and Vitamin D supplements 123(30.75%), Avoid heavy lifting 109(27.25%), Good night’s sleep 55(13.75 %), Stand and sit up straight 54 (13.5 %), Maintain weight 38 (9.5%), Eat healthily and balanced diet 12(3%), Quit smoking 10(2.5%) and Reduce your stress Tension and anxieties 9(2.25%),(Table-1)
Among the total patients maximum 326(81.5%) replied that they applied of pain relief gels upon low backache followed by taking Pain relief medications 305(76.25%), Exercise Regularly 232(58%), Yoga 206(51.5%) ,Calcium and Vitamin D supplements 201(50.25%) Massage the back 124 (31%) , Heat applications 98(24.5%), Cold applications 27 (6.75%) Acupressure and acupuncture 19(4.75%) and use Cervical collars, abdominal belts, and specific type of footwear 14(3.5%).(Table-2)

**DISCUSSION**

Lower back pain is very common problem worldwide. It usually develops due to overuse or a minor injury, but sometimes there may be no obvious cause. Lower back pain can also be a symptom of an underlying medical condition. The present study was descriptive study carried out to evaluate knowledge of preventive factors for low backache and practices of patients in case of Low backache in civil hospital Rohru.

In the present study maximum patients 302 (75.5%) replied that Exercise regularly helps in prevention of low backache. Whether we follow an exercise or yoga routinely, precisely and regularly it helps in maintain the muscle tone and strengthening the back. Physical activity can make your back stronger and lower your risk of back pain. Back-strengthening & stretching exercises and Yoga can help stretch and strengthen muscles and improve the posture (https://www.medicalnewstoday.com/articles).

In the current study, 214(53.5 %) patients told that maintaining good posture can prevent low backache. Bending, correctly lifting weight is very crucial. Maintaining the right posture will keep the back relaxed and pain-free even after a long day of activity. Good posture can help prevent back pain. Try not to slouch when standing and sitting. Sit up straight with back against the back of chair and feet flat on the floor. If possible, keep the knees slightly higher than your hips. Keep the back straight and bend at knees or hips (https://www.medicalnewstoday.com/articles; & https://www.health.harvard.edu).

In our study, 123(30.75%) patients answered that Calcium and Vitamin D supplements helps preventing low backache followed by Avoid heavy lifting109(27.25%), Good night’s sleep 55(13.75 %), Stand and sit up straight 54 (13.5 %), Maintain weight 38 (9.5%), Eat healthily and balanced diet 12(3%), Quit smoking 10(2.5%) and Reduce your stress Tension and anxieties 9(2.255).

Getting enough calcium and vitamin D can help keep the bones strong and prevent osteoporosis. Osteoporosis makes the bones weaker and more likely to fracture. Spine fractures from osteoporosis are a leading cause of back pain. We all know that Obesity is a very common cause of back pain. Reducing weight and maintain it within a normal range, Getting active and eating healthy can help you stay at a healthy weight. Staying at a healthy weight lowers the risk of back pain (https://www.medicalnewstoday.com/articles; & https://www.bones.nih.gov)

Tension and anxieties are lesser-known causes of back pain. Relaxation and mindfulness techniques will not only reduce stress but also provide numerous other health benefits including a decrease in your pain. A good night’s sleep will play an important role to give physical as well as mental relaxation. The duration and posture while sleeping, and the type of mattress used, dictate the level of comfort and freshness experience on waking up (https://pharmeasy.in).

**CONCLUSION**

By Maintaining good posture, Standing and sit up straight, Exercise regularly Eating healthily and balanced diet, Maintaining ideal weight, Quit smoking, Reducing stress ,Tension and anxieties, having Good night’s sleep, taking Calcium and Vitamin D supplements and Avoid heavy lifting we protect our back and prevent back pain.

**REFERENCES**

2. Bones. Available at: https://www.bones.nih.gov/health-info/bone/osteoporosis/overview#:~:text=Calcium%20and%20vitamin%20D%20are,and%20thin%20C%20leading%20to%20osteoporosis. (Assessed on 10 May 2021)


5. MayoClinic. Available at: https://www.mayoclinic.org/diseases-conditions/back-pain/symptoms-causes/sym-20369906 (Assessed on 02 May 2021)

6. Medical News Today. Available at: https://www.medicalnewstoday.com/articles/327131 (Assessed on 05 May 2021)

7. Medical News Today. Available at: https://www.medicalnewstoday.com/articles/323204 (Assessed on 09 May 2021)


10. Webmd. Available at: https://www.webmd.com/back-pain/ss/slideshow-low-back-pain-overview#:~:text=Muscle%20strain%20is%20often%20the%20buttock%20pain%20one%20leg. (Assessed on 05 May 2021)


12. World Health Organization. Available at: https://www.who.int/medicines/areas/priority_medicines/Ch6_24LBP.pdf (Assessed on 04 May 2021)