# Article information:

No consensus on causality of spine postures or physical exposure and low back pain: A systematic review of systematic reviews - ScienceDirect  
<https://www.sciencedirect.com/science/article/pii/S002192901930524X>

# Article summary:

1. There is no consensus on the causality of specific spinal postures or physical activities and low back pain (LBP).

2. Previous systematic reviews have produced conflicting outcomes, with some supporting strong associations while others do not support a causal association.

3. Despite the availability of many reviews, there is still no clear understanding of the relationship between physical exposure and LBP.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "No consensus on causality of spine postures or physical exposure and low back pain: A systematic review of systematic reviews" aims to examine the relationship between specific spinal postures or physical activities and low back pain (LBP), the quality of existing systematic reviews in this area, and the extent to which previous systematic reviews demonstrate causality. The authors conducted a systematic review of systematic reviews published between January 1990 and June 2018, focusing on spine posture or physical exposure and LBP symptoms or outcomes.

The article presents conflicting findings from previous systematic reviews, with some supporting strong associations between specific physical exposures and LBP, while others do not support a causal association. The authors utilized the AMSTAR tool to critically appraise the quality of included systematic reviews and determine the extent to which these reviews demonstrated causality. They found that despite the availability of many reviews, there is no consensus regarding causality of physical exposure to LBP.

The article provides a comprehensive overview of previous research on this topic but has several limitations. Firstly, it only includes studies published in English, which may have excluded relevant studies published in other languages. Secondly, it only includes studies published in peer-reviewed journals, which may have excluded relevant grey literature. Thirdly, it only focuses on self-reported LBP symptoms or outcomes, which may have excluded studies that used objective measures.

Moreover, the article does not explore potential biases in previous research on this topic. For example, some studies may have been influenced by funding sources or conflicts of interest. Additionally, some studies may have had methodological limitations that could affect their findings.

Furthermore, the article does not provide a balanced discussion of potential risk factors for LBP beyond physical exposure. While it acknowledges that LBP is a multifactorial condition and that evidence does not always support a clear relationship between physical exposure and LBP, it does not explore other potential risk factors such as psychological factors or genetics.

In conclusion, the article provides a useful overview of previous research on the relationship between specific spinal postures or physical activities and LBP. However, it has several limitations and does not explore potential biases in previous research or provide a balanced discussion of potential risk factors for LBP beyond physical exposure. Future research should address these limitations to provide a more comprehensive understanding of the causes of LBP.

# Topics for further research:

* Psychological factors and low back pain
* Genetics and low back pain risk
* Grey literature on physical exposure and low back pain
* Funding sources and conflicts of interest in low back pain research
* Objective measures of low back pain outcomes
* Non-physical risk factors for low back pain

# Report location:

<https://www.fullpicture.app/item/bfd7451869e4c0df3aa3b16dbbb7efea>