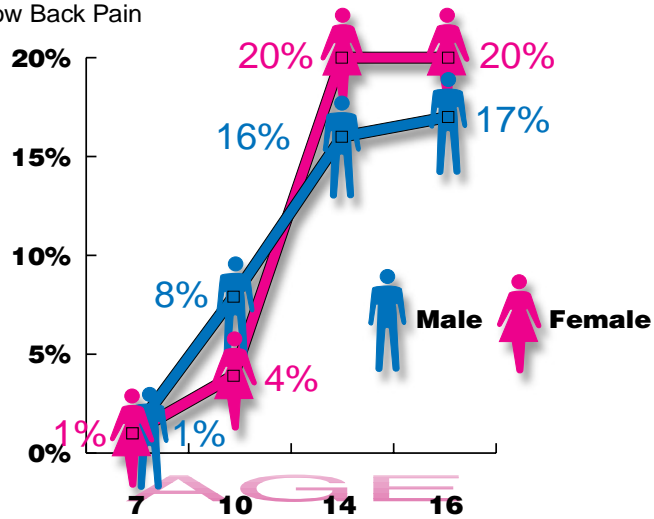


# Growing Pains

While most low back pain studies target adults, **adolescent low back pain** is a well established phenomenon. Now a new nationwide study from Finland details the increase in the occurrence of low back pain among that country's youth.

Percentage with Low Back Pain



This study found that low back pain is 26% recurrent in boys and 30% recurrent in girls, with 3% of adolescent girls reporting low back pain to be continuous. Recurrent low back pain also increases with age.

SOURCE: Taimela S, Kujala UM, Salminen JJ, Viljanen T. The prevalence of low back pain among children and adolescents. *Spine* 1997;22:1132-1136.