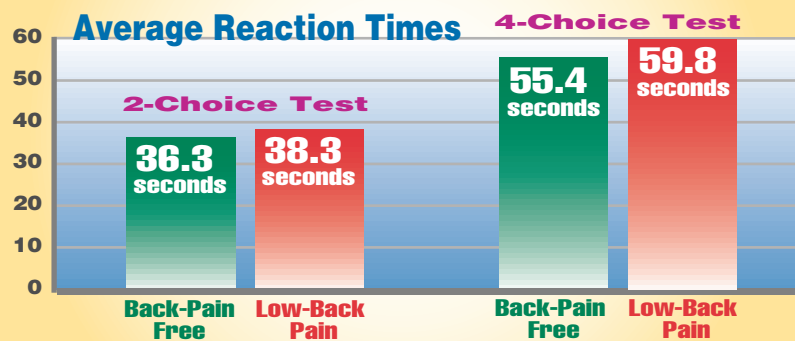


Chronic Back Pain Affects Short-Term Memory

A recent study demonstrated that chronic low-back pain can affect a person's short-term memory. In two specifically designed tests, the reaction times of chronic low-back pain patients were significantly longer than those without low-back pain:



The study also revealed that the loss in reaction time can be rectified with muscle strengthening, stretching and other forms of physical therapy.

SOURCE: Luoto S, Taimela S, Hurri H, Alaranta H. Mechanisms explaining the association between low-back trouble and deficits in information processing. *Spine* 1999;24:255-261.