

An Association of Body Composition Components with the Menopausal Status of Patients with Low Back Pain in Tarn Taran, Punjab, India

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ABSTRACT The present study deals with the association of menopausal status of 146 patients (74 pre- and 72 post- menopausal women) with low back pain aged 35-55 years residing in and around Tarn Taran, Punjab, India, and their body composition components, viz. percent body fat and percent lean body mass. The results indicate strong association of percent body fat with all the ten pain measuring variables, viz. pain intensity ($r=0.668$), personal care ($r=0.519$), lifting ($r=0.620$), walking ($r=0.648$), sitting ($r=0.515$), standing ($r=0.471$), sleeping ($r=0.533$), sex life ($r=0.255$), social life ($r=0.664$) and travelling (0.583) in post-menopausal patients with low back pain.