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## **No Relationship between Low Back Pain and Hamstring Flexibility**

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**KEYWORDS** Disability. Severity. Low Back Pain

**ABSTRACT** The present study deals with the relationship of hamstring flexibility with low back pain in patients of Ludhiana, Punjab, India (n = 102; 26 males and 76 females) aged 30- 55 years. The modified Oswestry Pain Questionnaire was used to assess the severity of low back pain in patients. To assess the hamstring flexibility, active knee extension of both the sides was measured by goniometer. The findings of the present study did not show a significant correlation between low back pain and hamstring flexibility.