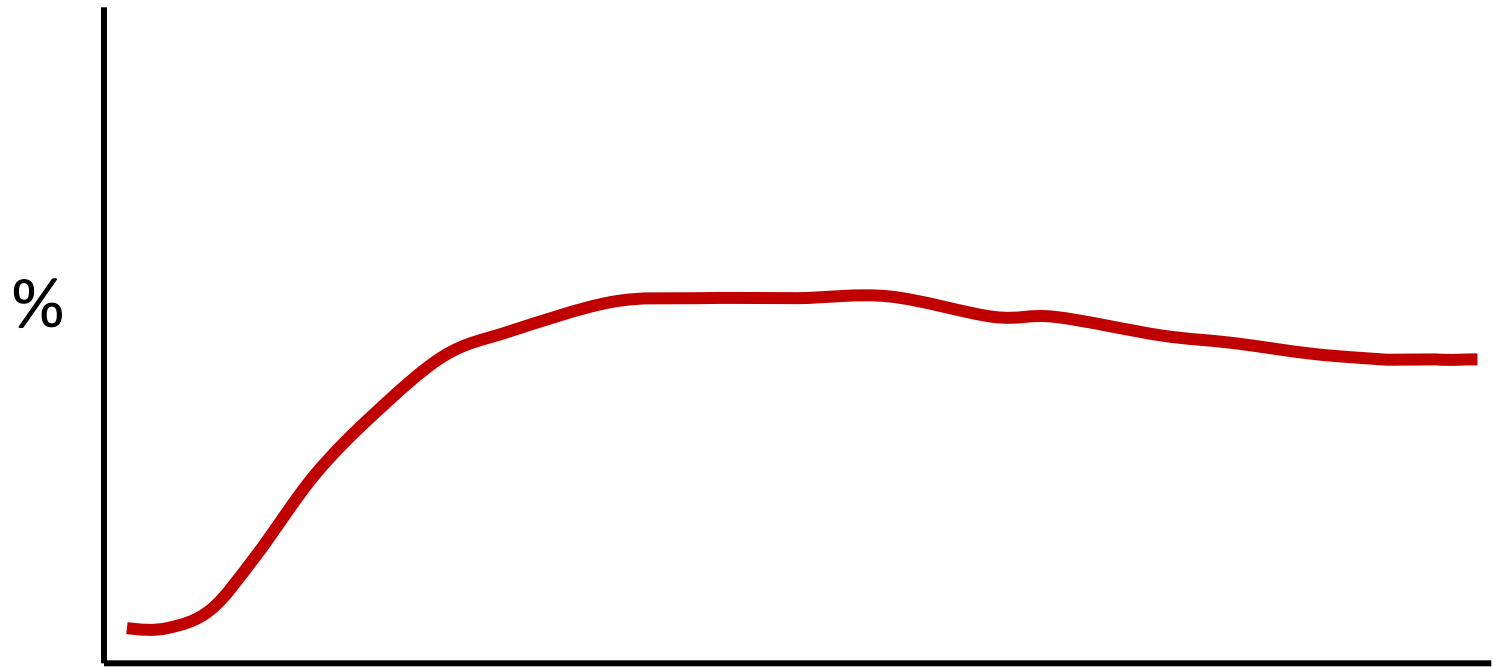
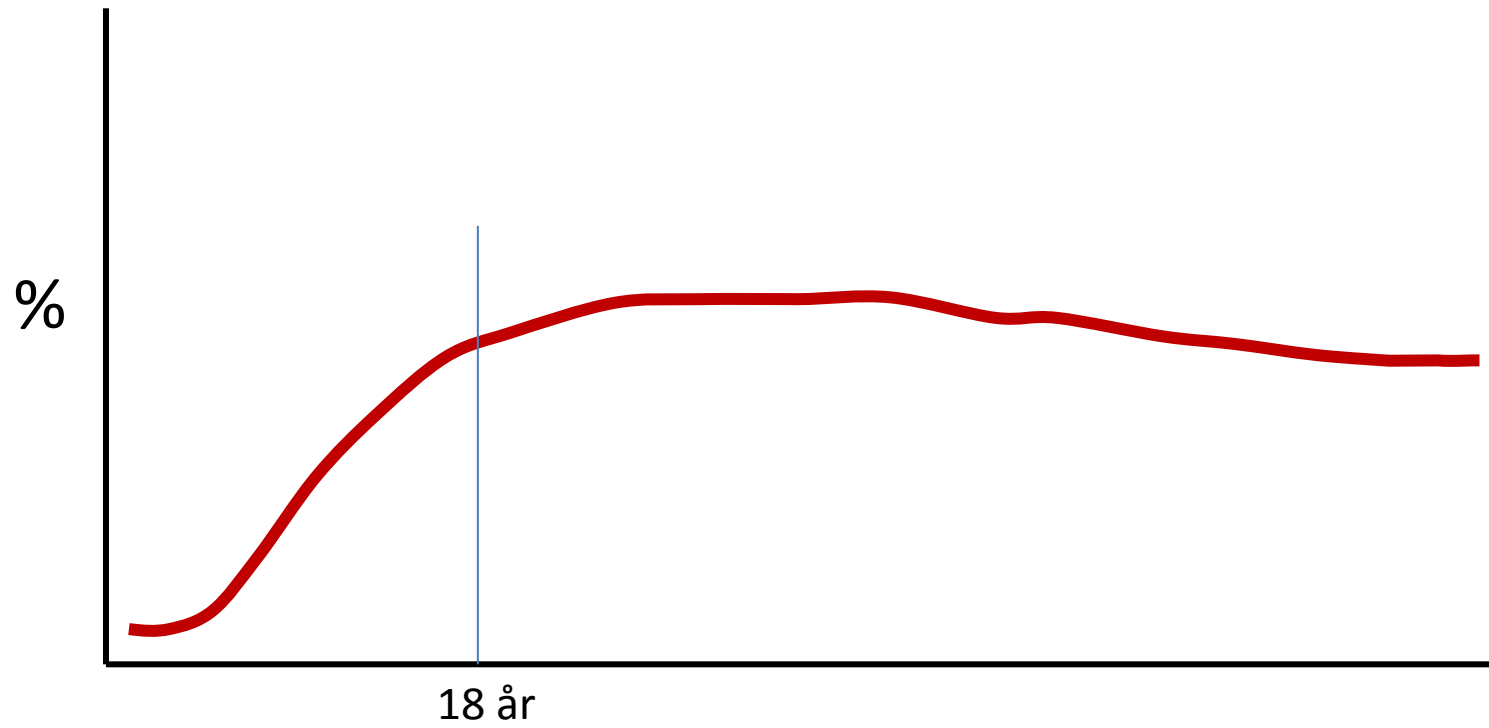


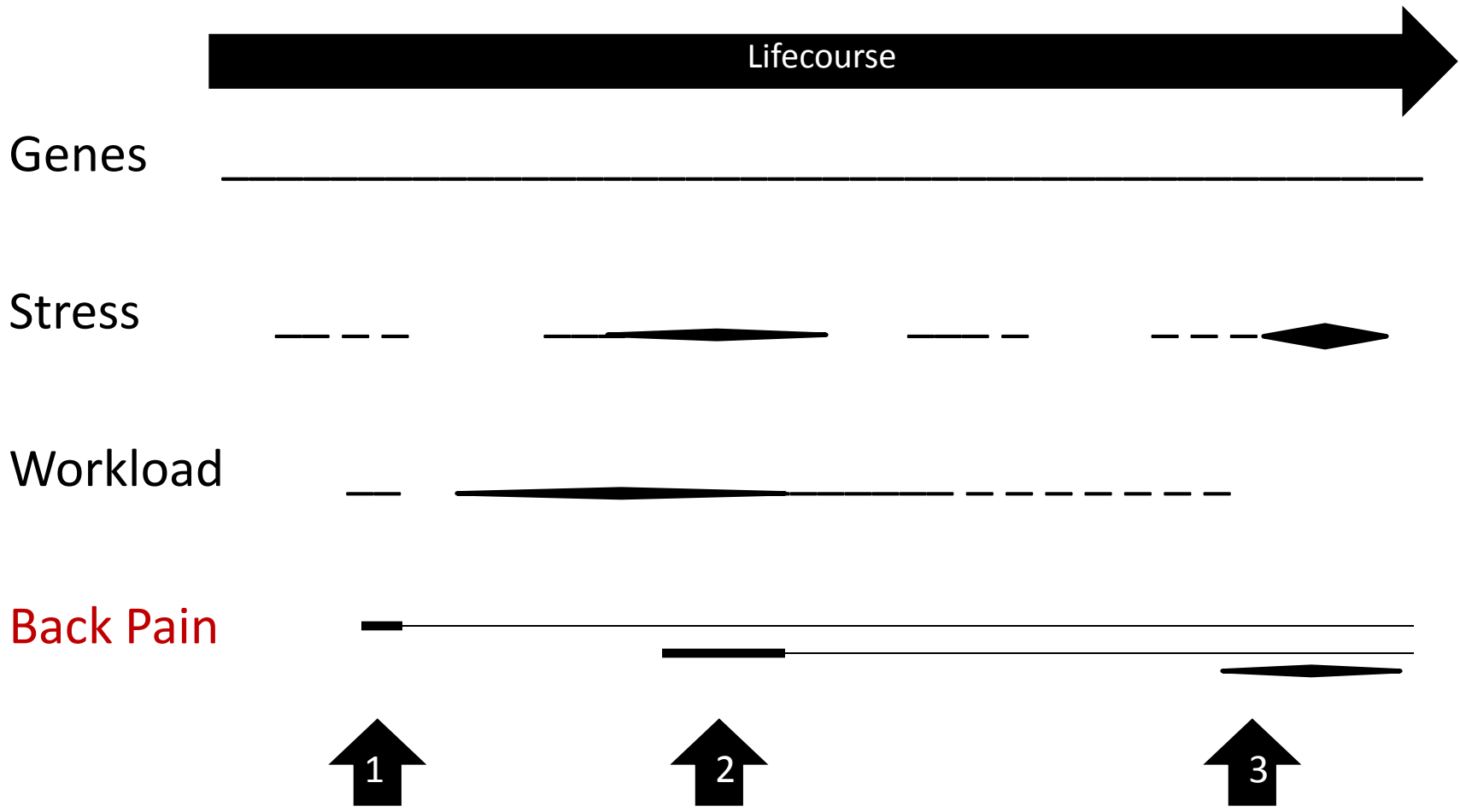
På vej ind i arbejdslivet - Unges rygproblemer

Lise Hestbæk

Forskningsenheden for Klinisk
Biomekanik, IOB, SDU







adapted from Dunn, 2010

Din (rygs)
kapacitet



Dine belast-
ninger

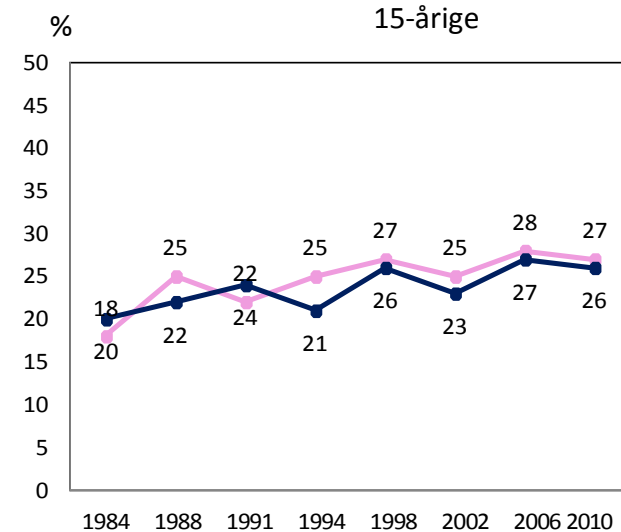
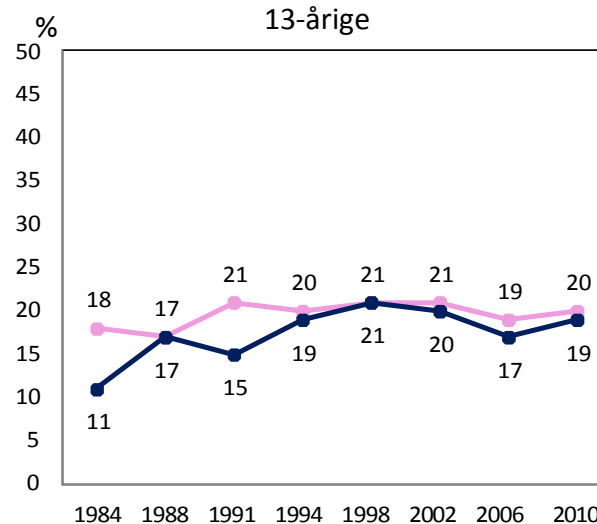
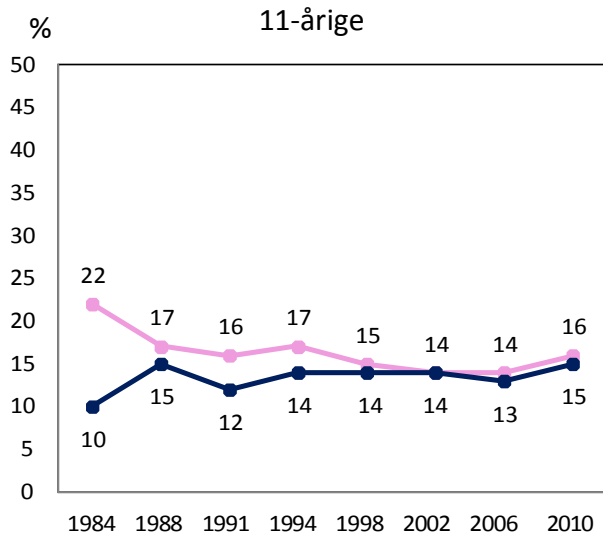
Din (rygs)
kapacitet



Dine
belast-
ninger

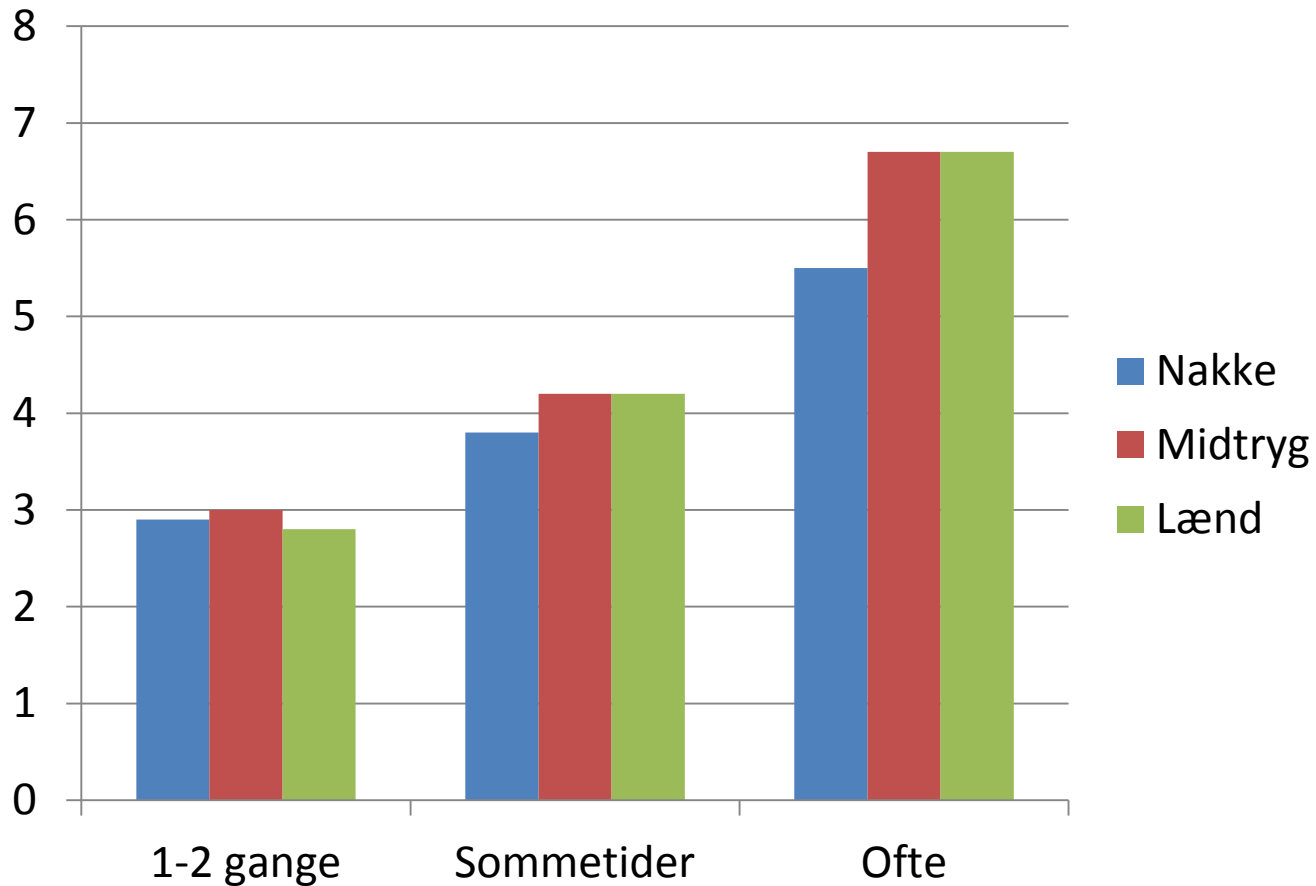
Prævalens

Procent som har ondt i ryggen en gang om ugen eller oftere, 1984-2010



Rasmussen M, Due P, red. Skolebørnsundersøgelsen 2010

13-15 årige danske skolebørn



Aartun et al. 2014

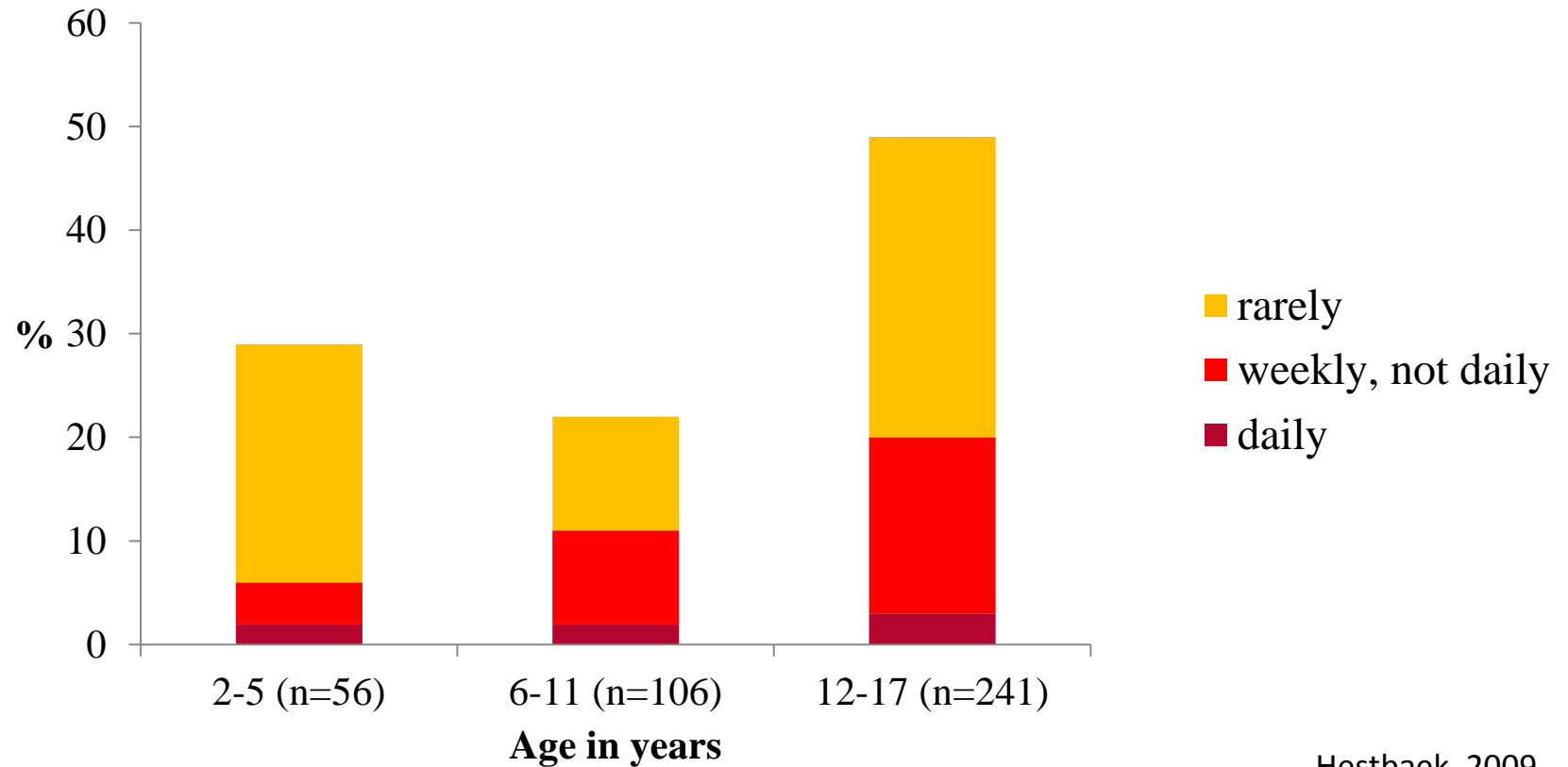
Konsekvenser

- Nedsat aktivitetsniveau:
 - Danmark 23%
 - England 24%

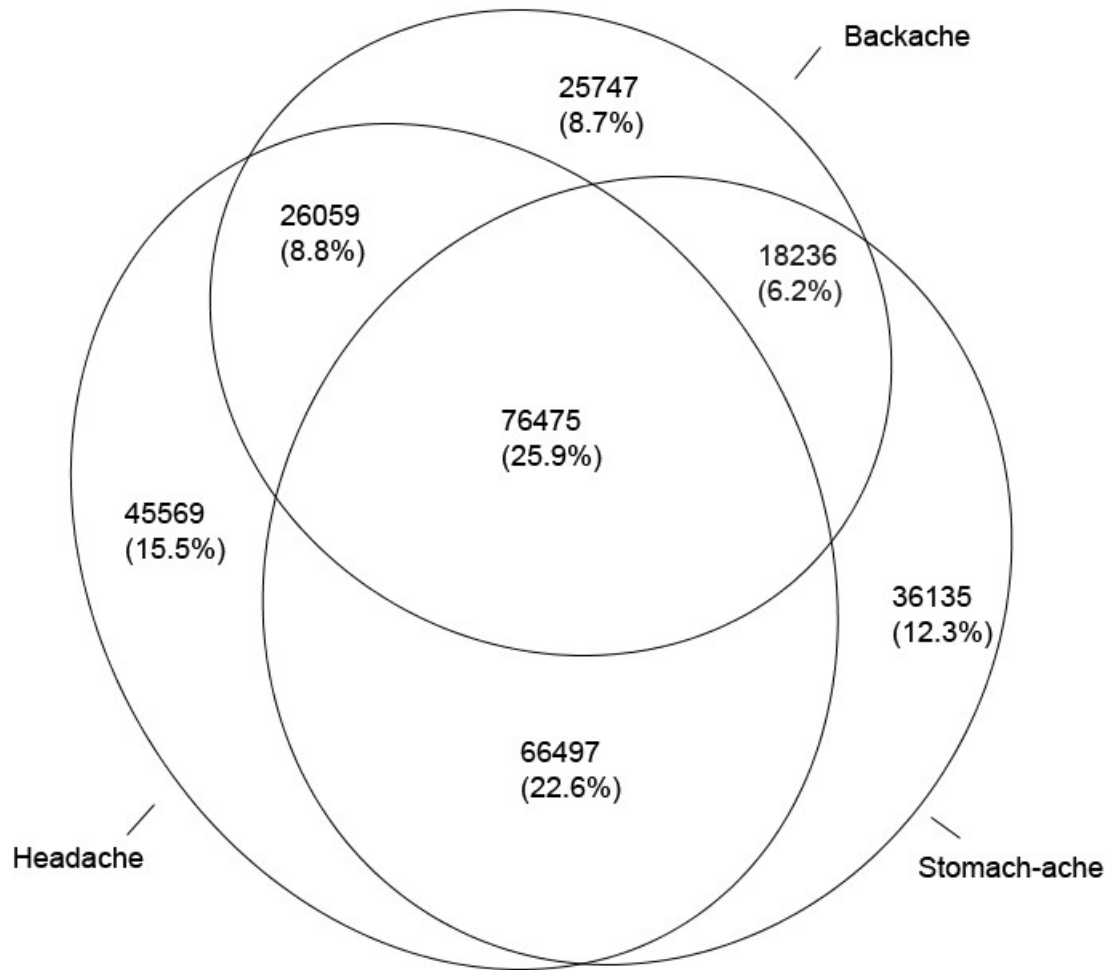
- Søgt læge
 - Danmark 26%
 - Frankrig 30%
 - England 22%

Wedderkopp 2001, Fairbanks 1984, Troussier 1994

Forbrug af smertestillende hos kiropraktorpatienter

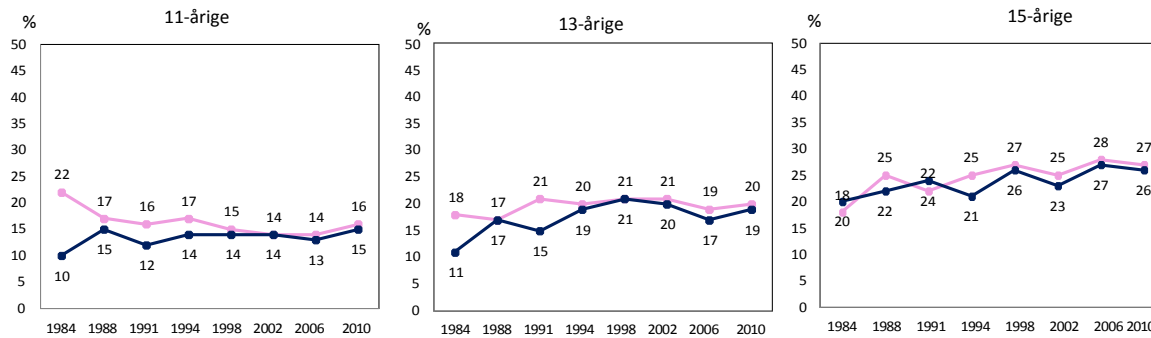


Hestbaek 2009

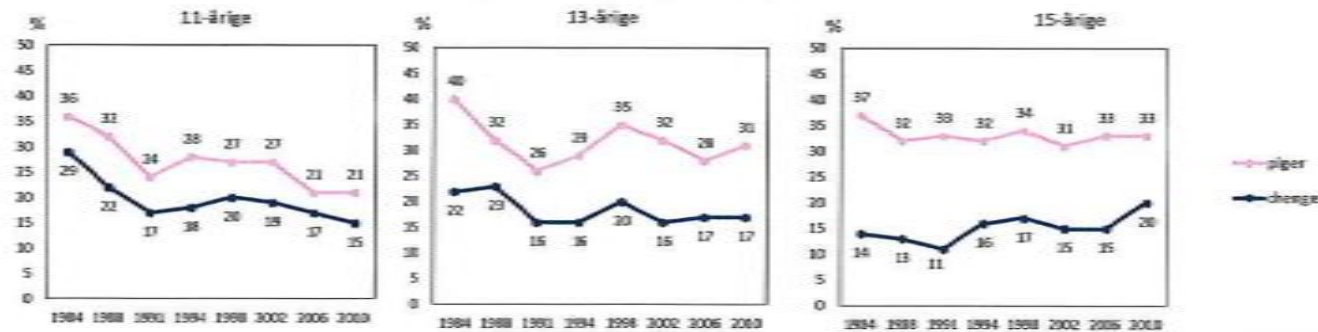


Swain 2014

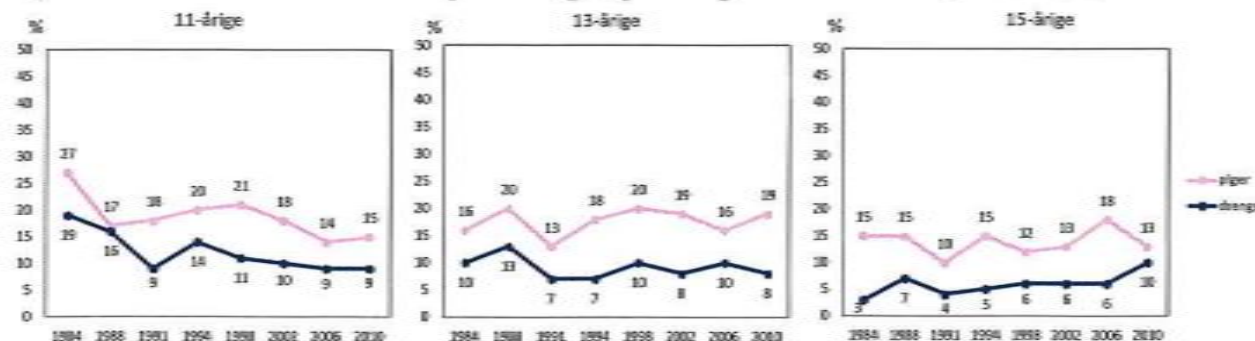
Procent som har ondt i ryggen en gang om ugen eller oftere, 1984-2010



Figur 2. Procent som har hovedpine en gang om ugen eller oftere, 1984-2010



Figur 2. Procent som har mavepine en gang om ugen eller oftere, 1984-2010



MRI-fund i normal 13-årige på Fyn (n=439):

Tidlige tegn på discus degeneration hos $\sim 1/3$.

Høj korrelation med smerte

Langtidsforløb

Danske tvillinger med lændesmerter som
teenager (12-20 år)



Op til fire gange forhøjede odds 8 år senere

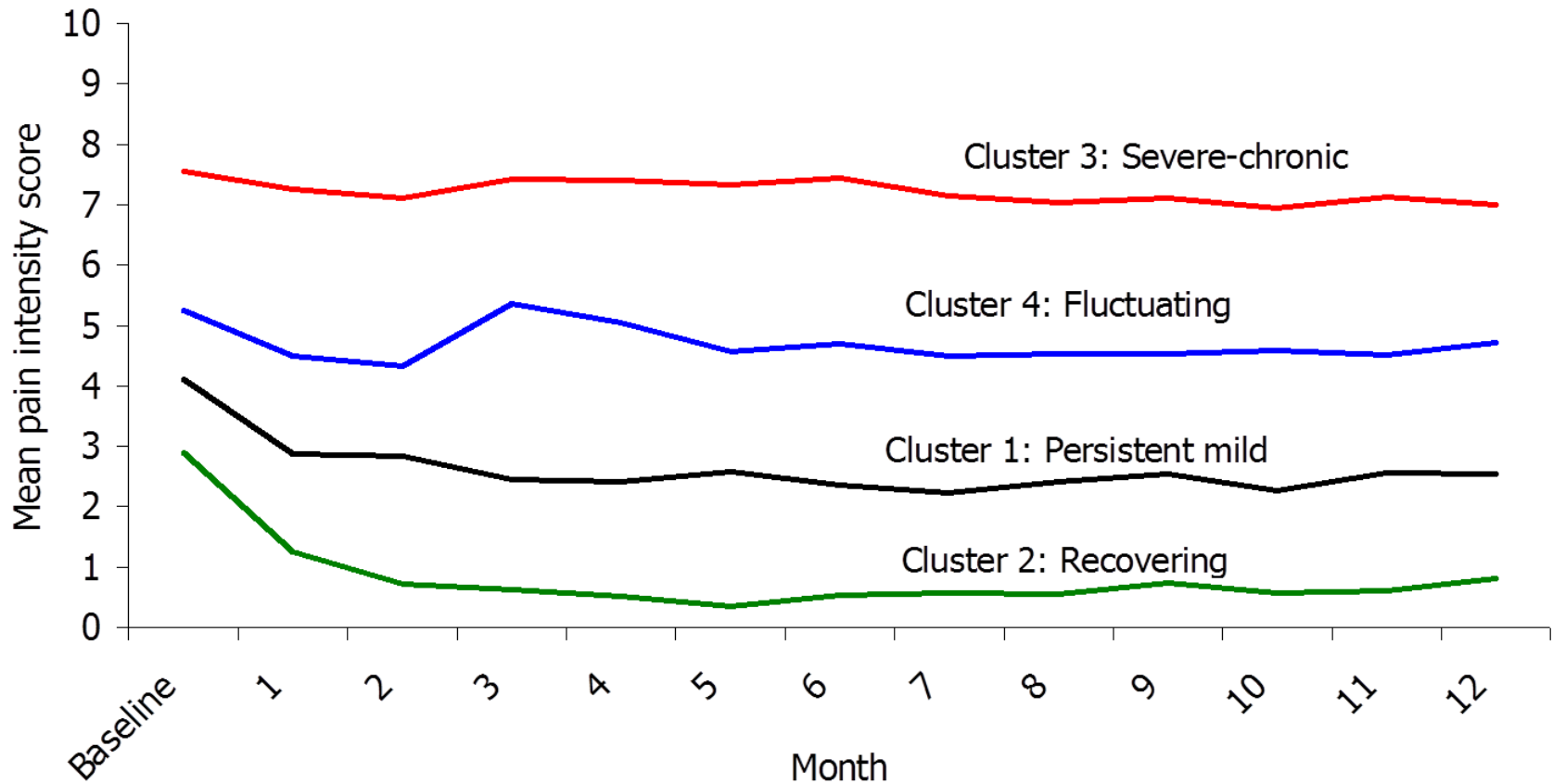
Danske skolebørn (11-13 år) 2 år senere:

→ Smerte flere steder

→ Smerte oftere

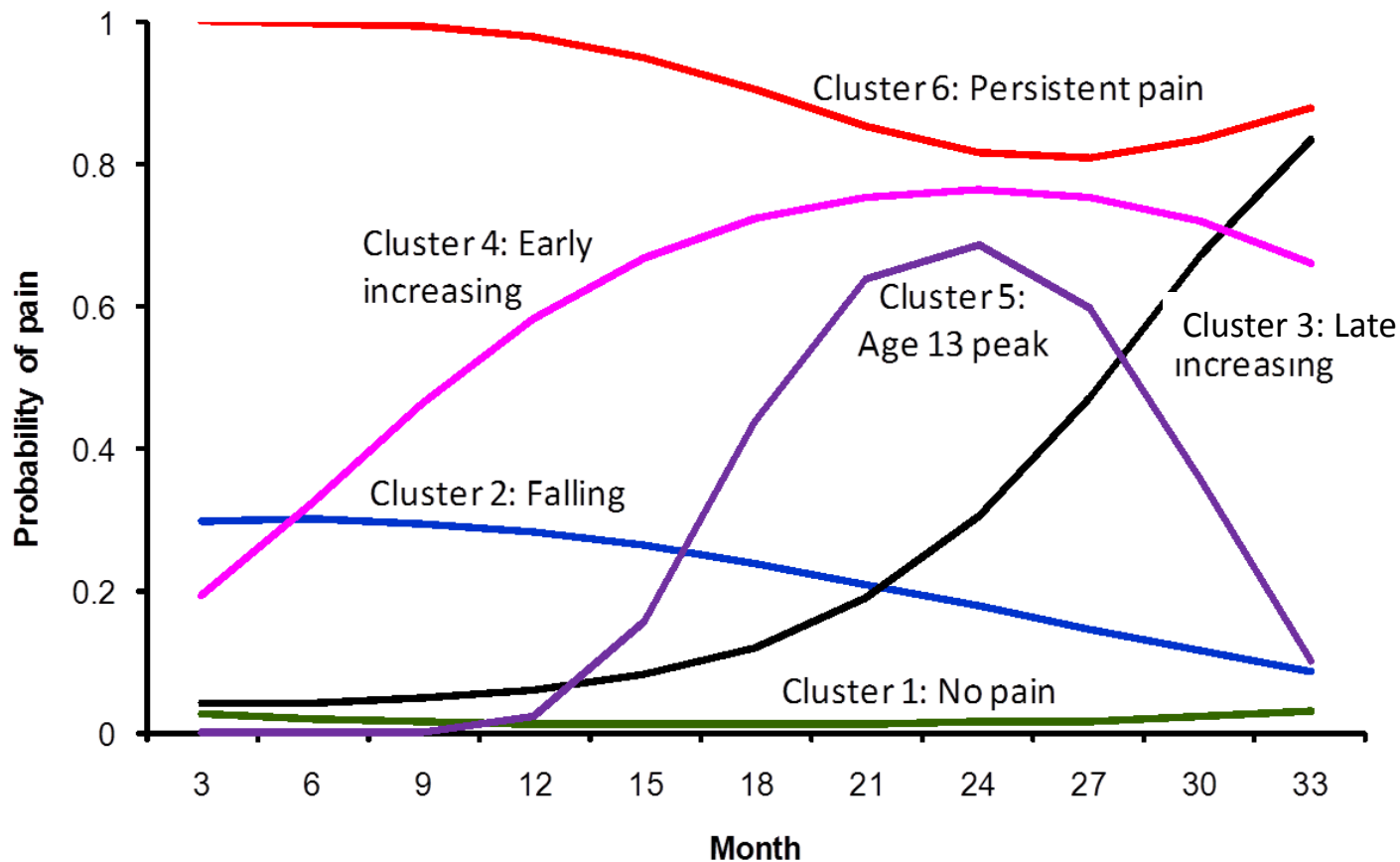
Hestbaek 2006, Aartun 2014

"Trajectories" voksne



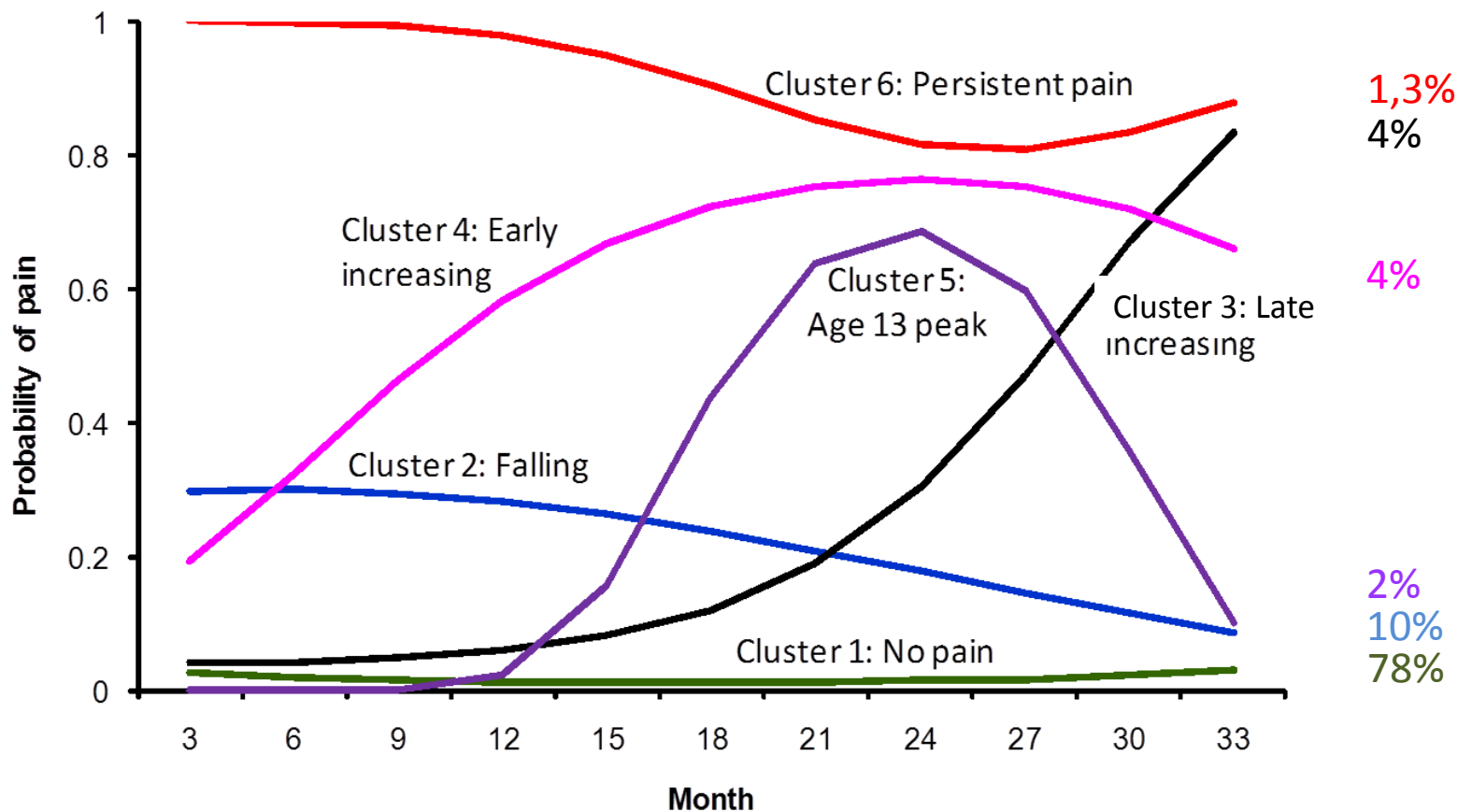
Dunn et al. Am J Epidemiol 163:754-761, 2006.

"Trajectories" 11-14år



Dunn et al. Pain 152:66-73, 2011

"Trajectories" 11- 14 år



Dunn et al. Pain 152:66-73, 2011

Tak for opmærksomheden

