



\*

:

### Back School

%

%

%

%

%

%

%

:

---

\*

.

.

.

.





( ) :

( ) Cedrachi .( )

(BS) Back school

)

.(

.( )

( ) Daltroy

.( )

- ( - - )

( )

.( )

%

( ) Turner

.( )

Roberts ( ) Mendez ( ) Nentwig :

( )

BS

.( ) ( ) Roberts ( )

NIOSH ( )

( )

SPSS 10

chi-square

:( )

(% )

(% )

(% )

( )

validity)

.(% Reliability %

,(% )

,(-% )



(-% )

( ) Daltroy

(% ) (% ) (% )

( ) (% )

Turner

Mendez ( ) , Nentwig .( )

( )

•

.(P <0.05)

.( )

•

.(P <0.05)

•

.(P <0.05)

•

.(P <0.05)

•

.(P <0.05)

:

%

%

%

:

.( )

%

%

:

•

•

:

•

•

•

%

%

•

%



%		
%		
%		
%		
%		

%	/ ± /		-	
%	/ ± /		-	
%	/ ± /		-	
%	/ ± /		-	



%	%	%	
%	%	%	
%	%	%	
%	%	%	



orthopade 1999 Nov; 28 (11) : 958 -65  
Pope MH , Goh kl , magnusson ML .,  
spine ergonomics , Annu Rev Biomed  
Eng . 2002 ; 49-68 . Epub 2002 Mar  
22.

Roberts L ., Little P , champan J , The  
back home trial general practitioner -  
supported leaflets may change back  
pain behavior , spine 2002 sep 1 ; 27  
(17) : 1821 - 8 .

Turner JA, Eduational and behavioral  
interventions for back pain in primary  
core , spine .1996 Dec 15; 21(24)  
:2851-7.

Yu TS , Roht LH , wise RA , Killian  
DJ,Weir FW., Low back pain in  
industry : An old problem revisited , J  
occup med .1984 jul ; 26(7) : 517-24.

Cedraschi c , Reust p , Roux E , Visher  
TL, The role of prior knowledeg on  
back - pain education , J spinal disord  
.1992 sep; 5(3) : 267 - 76

Courtney TK , Matz s, webster BS .,  
Disabling occupational injury in the  
US coustruction industry J occup  
Environ med , 2002 Dec, 44 (12) :  
1161 -8.

Daltroy LH , Iversen MD , Larson MG ,  
Ryan J , Teaching and social support :  
effects on knowledge , attitudes and  
behaviors to prevent low back in juries  
in industry , Health Educ Q ,1993  
Spring ; 20 (1) : 43-62.

Garg A. and, Moore J.s .,prevention  
strategies and the low back in industry  
, occup med .

Mendez FJ, Gomez - Conesa A ,  
postural hygiene program to prevent  
low back pain . spine . 2001 jun 1;  
26(11):

Nentwig CG, Effectiveness of the  
backschool :A review of the results of  
evidence - based evaluation ,

## Surveing on the knowledge and function of automobile- industry workers about health care of lumbar spine

Ghasemi M.(MSc) ,Dehghan F.(MSc), Rezasoltani A.(Ph.D), Shaikhzadeh H.(BSc)

Physiotherapy Department,Rehabilitation Faculty,Shaheed Beheshti University

The aim of this study was to detect the level of worker's knowledge and their function regarding to the health care of their lumbar spine. Other researchers have also carried out explorations in this field and have reported some findings .It has been reported that Increased knowledge of the workers , even when they have been given some information implied no major changes on their functions in terms of their back health . However , some research has shown a significant relationship between the increased knowledge and the improvement of the worker's function .Also, research has shown that Back School instruction is an effective method to change the level of knowledge of the workers .

This research was carried out by using two questionnaires that assessed the level of knowledge and function of an automobile-manufacturing company workers. The questions were designed in four groups of : (1) goods and load properties and methods of carrying and handling those , (2) Worker's posture during working, (3) physical efforts and trying , (4) tools and conditions of work environment . the outcome measurments included the function and the knowledge of the workers.

We found that the knowledge of the workers were in 3 categories : %11 of them had low knowledge ,%57 moderate and %32 of them had high knowledge.Also we found that %52 of workers had weak function , %18 moderate,%2 high and %28 of them were even weaker than the low category .

In brief , this research showed that the level of the worker's knowledge about the appropriate methods of working regarding their lumbar health relatively was in an acceptable range, however their functions was in a low level information. No significant relationship was found between the worker's level of knowledge and the improvement of their functions .

**Key word :** *lumbar spine, health care, knowledge , function , Automobile industry.*