

## CAHE's Guideline Reference Guide: Prevention Low Back Pain

Guideline elements	European guidelines group <a href="#">European Guidelines for prevention of low back pain</a>
Year of issue/ revision	2004
<b>General population</b>	<b>10, 39</b>
Physical exercise/ fitness	10
Back school	11
Lumbar support/Belts	14
Mattresses	15
chairs	16
Shoe insoles	16
Manipulation	17
<b>School age</b>	<b>31, 40</b>
Overweight/ Obesity	32
Smoking	33
Eating	33
Alcohol	33
Sedantary	34
School bags	36
School furniture	37
Psychological factor	37
<b>Workers</b>	<b>18, 39</b>
Organisational ergonomics	28
Physical ergonomics	26
Return to work	29
Lumbar support/Belts	23
Shoe insoles	25

**References\*:** Burton, AK, Balagué, F, Cardon, G, Eriksen, HR, Henrotin, Y, Lahad, A, Leclerc, A, Müller, G, van der Beek, AJ (2006) Chapter 2. European guidelines for prevention in low back pain. *European Spine Journal*, 15 (Suppl.2) S136-S168.