

PP 33

Prevalence and Associating Factors of Chronic Lower Back Pain among Food Delivery Motorcyclists in Colombo District, Sri Lanka

Banu S.[#], Nawarathna D., Muthurajan K., Pananwala S., Siyadeen S.

Faculty of Physiotherapy, International Institute of Health Sciences, Sri Lanka

[#]Corresponding author: shashaimabanu@gmail.com

Background: Food delivery is currently one of the most promising business ideas in E-commerce industry. With the rapid urbanization, food delivery has become prominent due to its easy availability and accessibility which has increased the number of young food delivery motorcyclists.

Objective: To identify the prevalence and associating factors of chronic lower back pain (LBP) among food delivery motorcyclists in Colombo

Methods: A quantitative descriptive cross-sectional study was carried out using convenience sampling technique. Data were collected using interviewer administered questionnaire from food delivery motorcyclists over period of one week. Data were analysed using Microsoft excel version 2018, SPSS and Google forms. ANOVA test was used to determine the significance.

Results: 125 male food delivery motorcyclists were chosen and out of them 30% worked for 7-8 hours a day, for 4-5 days a week. Furthermore, 65% of them had LBP and out of them, 41.4% suffered from chronic LBP. About 46.3% of those having LBP used the CT 100 motorbike ($p = 0.75$). About 83.3% stated that the working duration was responsible for LBP ($p = 0.092$). Out of those with LBP, 41.4% were between the age of 20-25, 38.2% were between 26-30 and the rest were below 30 ($p = 0.242$). The associating factors of LBP were proven to be insignificant on analysis.

Conclusions: Although many respondents complained of having LBP, the associating factors regards to LBP were proven to be insignificant on analysis. Further researches should be conducted to identify the associating factors of LBP among food delivery motorcyclists.

Keywords: *Food Delivery Motorcyclists, Lower back pain, Prevalence*