

**Name of Journal:** *World Journal of Orthopedics*

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*Observational Study*

**Lumbar interspinous pressure pain threshold values for healthy young men and women and the effect of prolonged fully flexed lumbar sitting posture: An observational study**

Petersson M *et al.* Lumbar PPT changes after flexed posture

Martin Petersson, Allan Abbott

**Abstract**

**BACKGROUND**

Low back pain (LBP) is a common condition with large burden worldwide. Exposure to prolonged sitting with a flexed lumbar posture has been suggested in the literature

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Publish Year: 2015

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**Lumbar** spine movement patterns during **prolonged sitting** differentiate low back **pain** developers from matched asymptomatic controls

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The objective of this **study** by using an optoelectronic motion analysis system was to assess **sitting posture** regarding the head, spine and pelvis, in **healthy** individuals: the time **effect** of **flexed**