



## The correlation between low back pain and strength training in elite athletes: a literature review [

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text (article)

Analítica

This study aims to analyze the correlation between LBP and elite athletes who practice sports where strength training intervenes via weightlifting. To analyse the correlation between low back pain and athletes who practice sports where strength training programs, a narrative review was conducted by two independent author through MEDLINE database search. Included study's methodology quality has been evaluated using NIH quality assessment tool for Observational Cohort and Cross-Sectional Studies. Out of 830 retrieved articles, after titles, abstracts and full text assessment, four studies met the inclusion criteria and were included in the present narrative review. The NIH total score ranged from 10 to 12 points. Demographic and sport-specific factors can influence the prevalence of LBP. Our findings highlight the importance of developing future research to provide prevention programs to reduce the incidence of LBP, taking into account the demographics of athletes and the unique nature of their sport activity

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