

**Table 2.2.1: Prevalence of Lumbar/Low Back Disorders [1] by Sex, United States 2010**

	Total Discharges/	% of Total by Type [6]	Discharges/Visits		% of Total	
			Male	Female	Male	Female
<b>Hospital Discharges [2] (in 000s)</b>						
Back Disorders	1,431.5	71%	602.7	828.8	42%	58%
Disc Disorders	545.4	27%	231.3	314.1	42%	58%
Back Injury	182.5	9%	83.5	99.0	46%	54%
All Lumbar/Low Back Pain (6)	2,025.7	107%	861.3	1,164.4	43%	57%
Rate Per 100 Patient Visits	5.2		5.3	5.1		
Diagnoses Per 100 U.S. Population [7]	0.7		0.6	0.7		
<b>Emergency Department Visits [3] (in 000s)</b>						
Back Disorders	4,352.1	70%	1,878.4	2,473.8	43%	57%
Disc Disorders	*	2%	*	*	*	*
Back Injury	2,180.0	35%	1,030.6	1,149.4	47%	53%
All Lumbar/Low Back Pain (6)	6,222.6	107%	2,757.6	3,465.0	44%	56%
Rate Per 100 Patient Visits	4.8		4.7	4.8		
Diagnoses Per 100 U.S. Population [7]	2.0		1.8	2.2		
<b>Hospital Outpatient Visits [4] (in 000s)</b>						
Back Disorders	2,623.9	87%	1,006.3	1,617.6	38%	62%
Disc Disorders	322.2	11%	133.5	188.6	41%	59%
Back Injury	199.9	7%	53.6	146.2	27%	73%
All Lumbar/Low Back Pain (6)	3,026.6	104%	1,133.2	1,893.3	37%	63%
Rate Per 100 Patient Visits	3.0		2.8	3.2		
Diagnoses Per 100 U.S. Population [7]	1.0		0.7	1.2		
<b>Physician Office Visits [5] (in 000s)</b>						
Back Disorders	31,196.4	76%	13,907.4	17,289.1	45%	55%
Disc Disorders	8,723.9	21%	4,555.7	4,168.2	52%	48%
Back Injury	4,929.1	12%	2,457.9	2,471.2	50%	50%
All Lumbar/Low Back Pain (6)	40,903.3	110%	18,917.0	21,986.3	46%	54%
Rate Per 100 Patient Visits	4.1		4.5	3.7		
Diagnoses Per 100 U.S. Population [7]	13.2		12.4	14.0		
<b>Total Health Care Visits for Lumbar/Low Back Pain, 2010 (in 000s)</b>						
Back Disorders	39,603.9	76%	17,394.8	22,209.3	44%	56%
Disc Disorders	9,706.4	19%	4,950.5	4,755.8	51%	49%
Back Injury	7,491.5	14%	3,625.6	3,865.8	48%	52%
All Lumbar/Low Back Pain (6)	52,178.2	109%	23,669.1	28,509.0	45%	55%
Rate Per 100 Patient Visits	4.1		4.4	3.8		
Diagnoses Per 100 U.S. Population [7]	16.9		15.6	18.1		

\* Estimate does not meet standards for reliability.

[1] Back disorders include inflammatory spine conditions, spondylosis, spinal stenosis, lumbago, sciatica, backache, and disorders of the sacrum (ICD-9-CM codes 720, 721, and 724). Disc disorders include herniation, disc degeneration, and post laminectomy syndromes (ICD-9-CM code 722). Back injuries include fractures, dislocation, and sprains (ICD-9-CM codes 805, 806, 839, 846, and 847). This division, while useful in analyzing the databases, may not always accurately reflect the primary diagnosis. Further, there is some overlap.

[2] Source: National Hospital Discharge Survey (NHDS), 2010. [www.cdc.gov/nchs/nhds/nhds\\_questionnaires.htm](http://www.cdc.gov/nchs/nhds/nhds_questionnaires.htm) April 23, 2013.

[3] Source: National Hospital Ambulatory Medical Care Survey\_Emergency Department (NHAMCS\_ED), 2010. [www.cdc.gov/nchs/ahcd/ahcd\\_questionnaires.htm](http://www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm) April 23, 2013.

[4] Source: National Hospital Ambulatory Medical Care Survey\_Outpatient Department (NHAMCS\_OP), 2010. [www.cdc.gov/nchs/ahcd/ahcd\\_questionnaires.htm](http://www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm) April 23, 2013.

[5] Source: National Ambulatory Medical Care Survey (NAMCS), 2010. [www.cdc.gov/nchs/ahcd/ahcd\\_questionnaires.htm](http://www.cdc.gov/nchs/ahcd/ahcd_questionnaires.htm) April 23, 2013.

[6] Total visits may be lower than sum of diagnoses due to multiple diagnoses per patient. Visits also do not include those made to other types of medical care providers, such as chiropractic or physical therapy.

[7] Adjusted to 2010 U.S. Census Population Estimates. There is the potential for multiple diagnoses per person which is not accounted for.