

Tables

Table 1 - Characteristics for participants (adults and adolescents)

Variables	Adults		Men		Women		Adolescents	
	<i>n</i>	(%)	(%)	(%)	<i>n</i>	(%)	<i>n</i>	(%)
Sex								
Male	199	(48)	—	—	205	(47)		
Female	213	(52)	—	—	234	(53)		
LBP variables								
LBP month	—	—			98	(22)		
LBP year	289	(70)	(70)	(70)	182	(41)		
LBP ever	352	(85)	(85)	(85)	—	—		
Fat infiltration in LMM in at least one level								
Grade 0 (none)	78	(19)	(29)	(10)	379	(86)		
Grade 1 (slight)	293	(71)	(63)	(79)	60	(14)		
Grade 2 (severe)	41	(10)	(9)	(11)	0	(0)		
Body weight								
Normal	234	(57)	(46)	(68)	369	(84)		
Overweight	131	(32)	(47)	(18)	56	(13)		
Obese	44	(11)	(8)	(14)	11	(3)		
Workload								
Sedentary	89	(22)	(20)	(24)	—	—		
Sedentary/walking	144	(35)	(30)	(40)	—	—		
Light physical	92	(22)	(19)	(26)	—	—		
Heavy physical	84	(21)	(31)	(11)	—	—		
Physical activity								
Not active	59	(14)	(12)	(17)	—	—		
Walking/cycling >4 hours	204	(50)	(48)	(51)	—	—		
Active sports > 3 hours	140	(34)	(38)	(31)	—	—		
Competitive sports	9	(2)	(3)	(2)	—	—		
Weekly hours of sports activity								
<2	91	(22)	(27)	(18)	117	(27)		
2 – 4	107	(26)	(23)	(29)	120	(27)		
4 – 6	103	(25)	(24)	(26)	97	(22)		
>6	111	(27)	(27)	(27)	92	(19)		
Daily bicycling								
Not every day	—	—	—	—	66	(15)		
Every day	—	—	—	—	370	(85)		

LBP, lower back pain; LMM, lumbar multifidus muscles.