**Effect of vitamin D and calcium supplement in treatment of patient with lower back pain due to osteoporosis in elderly patient**

**Abstract:-**

Background:

Low back pain is a common disorder. Nearly everyone is affected by it at some time. For most people affected by low back pain substantial pain or disability is short lived and they soon return to normal activities regardless of any advice or treatment they receive. A small proportion, however, develop chronic pain and disability. Once low back pain has been present for more than a year few people with long-term pain and disability return to normal activities. It is this group who account for the majority of the health and social costs associated with low back pain.

There is a generally accepted approach to the management of back pain of less than 6 weeks’ duration (acute low back pain). What has been less clear is how low back pain should be managed in people whose pain and disability has lasted more than six weeks. Appropriate management has the potential to reduce the number of people with disabling long-term back pain; and so reduce the personal, social, and economic impact of low back pain to society.

Objective To assess the effect of vitamin d and calcium supplement on lower back pain.

Setting Baqubah teaching Hospital

Patients A total of 20 patient aged above 65 years with variable degree of LBP.

Result the improvement from LBP in patient took vitamin D and calcium supplement was 71% compared to those with placebo 21%.