



Insights from Musculoskeletal Research



Professor Jan Hartvigsen

University of Southern Denmark and the Danish Twin Registry

Some research findings on back and neck pain using twin methods are;

- There is a strong genetic component in early occurrence of both back and neck pain
- Twins with back pain early (around 12 years) have a four fold increased risk of also reporting back pain when they are 30 years old. Thus prevention and early effective treatment is very important if we are to prevent disability in adulthood
- Being depressed or psychologically distressed is a risk factor for developing back and neck pain in the elderly.

**Tuesday 27th October 3-4pm,
Theatre 1, Alan Gilbert Building**

His background: Professor Jan Hartvigsen is a Senior Researcher at the Nordic Institute of Chiropractic and Clinical Biomechanics. In addition, he is the head of the Graduate Program for Physical Activity and Musculoskeletal Health at the PhD School at the Faculty of Health Sciences, University of South Dakota. He is also responsible for musculoskeletal research at the Danish twin Register, focusing on the study of longevity and healthy ageing. His research focus is on longitudinal studies dealing with spinal and musculoskeletal pain in the population. Jan Hartvigsen has been active in national and international task forces and health technology assessment groups in the areas of spine pain, traumatic brain injury, and evaluation of musculoskeletal research.

All welcome. No RSVP required.