

Appendix C – Sex and gender terms when *pregnan was excluded**

Summary of the use of sex and gender terms in relation to the respective category excluding *pregnan** as a term

Author / National Body

Paraphrased quote from guideline

Category 2: Recommends evidence-based sex- or gender-related management approach

Chiodo et al. 2010 University of Michigan Health System (USA)	REHABILITATION: In older women or persons at risk for osteoporosis, trunk extension exercises are preventive, while trunk flexion exercises may increase the risk of osteoporotic fractures.
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Category 3: Referred to sex or gender within epidemiology data, risk factors or prognostic data, but did not make recommendations

Bussieres et al. 2018 Canadian Chiropractic Guideline Initiative (Canada)	CARE SEEKING BEHAVIOURS: Most people with low-back pain consult a health provider for this issue. It is more common for women to seek care along with individuals with previous low back pain, poor general health, and more disabling or more painful episodes.
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Delitto et al. 2012 American Physical Therapy Association (USA)	EPIDEMIOLOGY: Low back pain (LBP) prevalence appears to vary based on factors like sex, age, education, and occupation; with women having a higher prevalence than men. RISK FACTORS: Risk factors for LBP that relate to the individual include genetics, gender, age, body build, strength and flexibility. Females may have almost three-times the risk of back pain as males.
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Hegmann et al. 2016 American College of Occupational and Environmental Medicine (USA)	RISK FACTORS: The factors that predict unresponsiveness to epidural glucocorticosteroid injections include potential sex differences. Male gender is at higher risk for ankylosing spondylitis. Risk factors for spondylolysis include increasing age and male gender. Risk factors for degenerative spondylolisthesis include age and female gender.
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Hegmann et al. 2019 American College of Occupational and Environmental Medicine (USA)	RISK FACTORS: Epidemiological studies suggest the risk factors for degenerative back conditions include aging, male sex, obesity, heredity, and systemic arthrosis Risk factors for spondylolysis include increasing age and being of male sex. Risk factors for degenerative spondylolisthesis include age and being of female sex.
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Lee et al. 2013 British Pain society (UK)	EPIDEMIOLOGY: The number of people suffering with chronic pain in England varies between 14% of the youngest men and 59% of the oldest women (mean 31% men, 37% women).
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Petit et al. 2016 French Society of Occupational Medicine (France)	EPIDEMIOLOGIY: Half of male unskilled workers and one third of female unskilled workers are exposed to manual material handling
Picelli et al. 2016 The Italian Conference on Pain in Neurorehabilitation (Italy)	RISK FACTOR: Demographic risk factors for the onset and the clinical course of LBP include age, gender, body-mass index (BMI), and educational level. A stronger correlation between LBP and a high BMI (>30) has been reported in women than in men.
Staal et al. 2013 Royal Dutch Society for Physical Therapy (Netherlands)	RED FLAGS: (Ankylosing Spondylitis) Onset of low back pain before age 20 years, male sex, iridocyclitis, history of unexplained peripheral arthritis or inflammatory bowel disease, pain mostly nocturnal, morning stiffness > 1 hour, less pain when lying down or exercising, good response to nonsteroidal anti-inflammatory drugs, elevated erythrocyte sedimentation rate
