

Computers in modern times have become part of our lives, but apart from benefits they bring many medical complications as well. This paper provides a brief overview of existing knowledge and studies, dealing with back pain in the adult population working with computers.

In the theoretical part, the emphasis is on prevention and treatment of back pain, which is very intertwined. The practical part presents the results of research, which had the form of a checklist answered by 50 men and 73 women. The results show high prevalence of back pain of computer users, many differences are to be found in the characteristics of pain of men and women, ages and dependence of pain intensity on movement habits of respondents.

The work points to the significance of the problem, which is important for the society. It stresses the need for an active approach of computer users and their employers.