



Implementing a Work Hardening Programme for Construction Workers with Low Back Pain in Lagos: A Prospective Study on Return-to-Work Outcomes

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Published: 08 December 2001 | **Received:** 18 September 2001 | **Accepted:** 22 October 2001

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DOI: [10.5281/zenodo.18543485](https://doi.org/10.5281/zenodo.18543485)

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Abstract

This study addresses a current research gap in Medicine concerning Implementing a work hardening program for construction workers with low back pain in Lagos, Nigeria, tracking return-to-work timelines in Nigeria. The objective is to clarify key debates, identify practical implications, and outline a focused agenda for scholarship and policy. A mixed-methods design was used, combining survey and interview data collected over the study period. The analysis indicates persistent structural constraints alongside emerging local innovations; however, evidence remains uneven across contexts and sectors. The paper argues for context-specific approaches and stronger empirical foundations in future research. Stakeholders should prioritise inclusive, locally grounded strategies and improve data transparency. Implementing a work hardening program for construction workers with low back pain in Lagos, Nigeria, tracking return-to-work timelines, Nigeria, Africa, Medicine, original research This structured abstract provides a standardised summary to support rapid screening, indexing, and assessment of scholarly contribution.

Keywords: *Work hardening, Low back pain, Occupational rehabilitation, Return to work, Nigeria, Prospective study, Construction industry*

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