

2026 年度 東京有明医療大学大学院 保健医療学研究科  
博士前期課程 鍼灸学分野 入学試験(一次募集)  
問題用紙

鍼・前期

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問題 下記の英文はある論文を要約したものです。全文を和訳し、別紙解答用紙に記入下さい。

- ① Low back pain covers a spectrum of different types of pain, e.g. nociceptive, neuropathic, or non-specific, that frequently overlap.
- ② The elements, such as soft tissue, vertebrae<sup>1)</sup>, sacroiliac joints<sup>2)</sup>, and intervertebral discs<sup>3)</sup>, comprising the lumbar spine are prone to different stressors, and each of these in combination can contribute to low back pain.
- ③ Due to numerous factors related to low back pain, diagnostic methods for this condition continue to be a subject of controversy.
- ④ The biopsychosocial model posits low back pain to be a dynamic interaction between social, psychological, and biological factors.
- ⑤ Prevention of low back pain is recognized as a pivotal challenge<sup>4)</sup> in high-risk populations to help tackle<sup>5)</sup> high health-care costs related to therapy and rehabilitation.
- ⑥ Therapy usually starts with self-care and pharmacotherapy in combination with non-pharmacological methods, such as physical therapies and psychological treatments.
- ⑦ For refractory low back pain, non-surgical options, including steroid injections, and surgical treatments are available.
- ⑧ Most treatment options address solitary causes, and given the complex nature of low back pain, a multimodal interdisciplinary approach<sup>6)</sup> is necessary.
- ⑨ Low back pain has the potential for improvement in both diagnostic and therapeutic aspects.
- ⑩ Future research on low back pain should focus on improving the accuracy and objectivity of diagnostic assessments, and devising treatment algorithms<sup>7)</sup> that consider unique biological, psychological, and social factors.

注釈

- 1) vertebrae : 椎骨
- 2) sacroiliac joint(s) : 仙腸関節
- 3) intervertebral disc(s) : 椎間板
- 4) pivotal challenge : 重要な課題
- 5) help tackle : ～に取り組む／対処する
- 6) multimodal interdisciplinary approach : 多面的かつ複数の学際的なアプローチ (集学的なアプローチ)
- 7) treatment algorithm(s) : 治療アルゴリズム／治療の組合せ方法

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