Low back pain is a universal burning aspect of human society. This leads to various health problems among people. Flowing data shows how low back pain is rapidly increasing. Many research reports projected that globally in 2010, approximately one out of three Men are suffering from this problem. These reports further projects that by 2015, approximately one out of two will be patient of low back pain. The researcher came across a considerable number of studies dealing several correlation, experimental, analytical interventions, which proves low back pain as an outbreak throughout the developed and developing countries.

Low back pain is not just a product of the western world. In fact, developing countries hold around one third of the world's low back pain patients. Much research investigation could record one of the root causes of low back pain is physical inactivity and sedentary life style.

The sudden boom in low back pain is mostly attributed to technological advances that have left us more sedentary. We drive rather than walk or cycle, we spend a lot of time sitting in front of computers and we do plenty of wrong movements. Women particularly spend a lot of time in their home doing house work, instead of doing any physical activity like yoga, walking and water exercise.
This Endeavour attempts to study the effectiveness of two different therapies as remedy and the comparison of it.

Although the present investigator has undertaken this research project for the fulfillment of the requirements for the Doctor of Philosophy (Ph.D) in Physical Education, it must be confessed that the present study does not cover the whole area of the factors and processes involved of low back pain and treatment of Physiotherapy practices or hydrotherapy due to the paucity of time and resources. However, the results are promising and suggestive. It is expected that the results obtained in this piece of research will contribute to ascertain a tangible base in the research paradigm on Medical, and Physical Education. Since the results are encouraging, experts of Health Sciences, Physical Education, Exercise and allied disciplines may exploit the benefits of this study for human society in enhancing the superiority of life. In almost all cases, physical therapy and/or a regular exercises program that includes hydrotherapy, stretching, strengthening and low impact cardio conditioning will be part of the treatment and rehabilitation program.

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