Study of effect of selected Hydrotherapy and Physiotherapy exercises on low back pain

Abstract

Introduction: Low back pain is a significant public health problem and one of the most commonly reported reasons for the use of complementary alternative medicine. Most cases are believed that low back pain is due to sprain or strain in the muscles and soft tissues of the back.

Aim of Study: comparative effect of selected hydrotherapy exercises and Inversion therapy practices on back pain.

Subjects and methods: 60 male patients with low back pain (their low back was due to strain and sprain of the muscles), were randomly assigned to: 1) hydrotherapy exercise group (N=20), 2) Inversion therapy group (N=20), 3) control group(N=20).

Both hydrotherapy group and Inversion therapy group followed similar programs, which included stretching exercise, strengthening exercise and balance exercise. Sessions were conducted 3 days a week for 12 weeks. The control group received no intervention during the study period. Evaluation parameters included the result of Ronald Morris Disability Questionnaire (RMDQ). Schober test for flexibility of trunk extensor muscles and SLR test for flexibility of hamstring muscles. All assessment parameters were measured at baseline and end of exercises program.

Results: There was significant improvement in disability of movement (RMDQ score) in experimental groups; hydrotherapy and Inversion therapy groups (p<0.05). There was a significant increasing in SLR and shober score in both experimental groups (p<0.05).

Schober test and RMDQ scores but in case of SLR test Inversion therapy treatment was found better than hydrotherapy exercises and Inversion therapy practices as a remedy for low back pain, increase flexibility of trunk extensor and hamstring muscles in patients with low back pain.

Hamid Hassanpanah Dr.V.S. Wangwad