CHAPTER-6 CONCLUSION

Having excluded the impossible,
whatever remains and unlikely it may be,
that must be the truth.
- Arthur Conan Doyle

6.1 CONCLUSION

The conclusion is described here under two headings:

6.1.1 Primary Conclusion

The findings of this study suggest that ‘McKenzie exercise program’ can be used as a therapy in reducing pain, *central sensitization*, minimizing functional disability and fear-avoidance beliefs; in subjects with CNSLBP. However, ‘McKenzie exercise program’ does not improve trunk flexors and extensors endurance in subjects with CNSLBP.

6.1.2 Secondary Conclusion

Our results suggest that the CSI-G has been successfully translated and cross-culturally adapted from English to Gujarati. The preliminary evidence generated by the psychometric testing showed that the CSI-G demonstrates psychometric properties similar to the English version. This study provides us with the evidence that the CSI-G is a reliable and valid measure to assess CS in Gujarati speaking CLBP patients.

Our results suggest that the FABQ-G has been successfully translated and cross-culturally adapted from English to Gujarati. The preliminary evidence generated by the psychometric testing showed that the FABQ-G shows psychometric properties similar to the English version. This study provides us with the evidence that the FABQ-G is a reliable and valid measure to assess ‘fear avoidance beliefs’ in Gujarati-speaking CLBP patients and results of FABQ-G can be compared to international studies using other translated versions.
6.1.3 Contribution to Knowledge

This study provided two successful cross-cultural translation and validation of two questionnaires namely, ‘Central Sensitization Inventory’ and ‘Fear-Avoidance Beliefs Questionnaire’ into the Gujarati language.

This study proves that McKenzie exercise program has a significant role in reducing central sensitization in CNSLBP patients.