LOW BACK PAIN AND PHYSIOTHERAPY– A REVIEW

1. DR. MUKESH GOYAL
ASSOCIATE PROFESSOR
INSTITUTIONAL AFFILIATION: TANTIA UNIVERSITY, RAJASTHAN.

2. DR. MOHITT TANTIA
TANTIA UNIVERSITY
SRIGANGANAGAR, RAJASTHAN.

ABSTRACT
The present review is carried out in order to understand relationship between Low back pain and physiotherapy. Low back pain is a health problem with a major societal impact and is most commonly treated in primary health care settings. The incidence of low back pain disability appears to have dramatically increased in western society since 1970. Mechanical low back pain is very common, affecting between 70 to 85% of adults at some point during their lives. Back pain is also the most common cause of disability in patients younger than 40 years. Physiotherapy is the health care profession primarily concerned with the remediation of impairments and disabilities and the promotion of mobility, functional ability, quality of life and movement potential through examination, evaluation, diagnosis and physical intervention. It is carried out by physical therapists and physical therapist assistants. Patients suffering from most types of low back pain are often referred for physical therapy for four weeks as an initial conservative (nonsurgical) treatment option before considering other more aggressive treatments, including back surgery. The goals of physical therapy are to decrease back pain, increase function, and teach the patient a maintenance program to prevent future back problems. The present study reviewed various studies conducted in this area and found different recommendations from different authors. Like one study concluded with the efficiency of medical exercise therapy and conventional physiotherapy. The same study also found that leaving patients with chronic low back pain un-tampered poses a risk of worsening the disability, resulting in longer periods of sick leave. One of the study also found that acupuncture relieved pain and diminished disability in low-back pain during pregnancy better than physiotherapy.

KEYWORDS: Low back pain & Physiotherapy.

REFERENCES


