

A COMMUNITY BASED SELF CARE APPROACH IN THE MANAGEMENT OF LOW BACK PAIN

S. ANANDH¹, R. RAJA², JAYAPRAKASH³, PRASHANTHA S⁴ & VEENA J⁵

¹Professor & HOD, Department of Community Physiotherapy,

Faculty of Physiotherapy, KIMSUDU, Karad, Satara, Maharashtra, India

²Principal, Faculty of Physiotherapy, Kempegowda Institute of Medical Sciences, Bangalore, Karnataka, India

³Principal, College of Physiotherapy, HARSHA, Karnataka, India

^{4,5}Faculty of Physiotherapy, Kempegowda Institute of Medical Sciences, Bangalore, Karnataka, India

ABSTRACT

Introduction: The treatment & prevention of low back pain till date receives increased attention because of the high cost of medical / surgical management which targets the productive working age group. The needs of the patients vary and so every individual needs a clear understanding about their physical function & follow up care.

Need of the Study: Recovery, reoccurrence & further management is dependent upon patient's active participation following self-care principles & acknowledging his functional status. A Therapeutic approach which will assist the patient in acknowledging his corrective exercises, moving towards neutralizing pain status & achieving maximum independence making himself self-reliant is essential.

Aim: The aim of the study is to compare the significance of McKenzie's approach over the Lumbar stabilization approach in treating mechanical causes of Low back pain.

Objectives: To find out the significance level of a better approach by comparing 2 methods, namely McKenzie's approach & Lumbar stabilization exercises in treating Low back pain.

Methodology: Interventional study design, including both genders under the age group of 30 - 50 years with mechanical causes of low back pain were considered in the study. With informed consent all the participants have been compulsorily made to undergo a medical examination. The subjects will be divided into 2 groups and further Physical examination procedure to rule out the mechanical cause and to be considered as a subject for the study. The subjects were divided into 2 groups with Group I: McKenzie's approach & Group II: Lumbar stabilization exercise procedure. The pretest & posttest measures include the pain scales and lumbar range of motion.

Conclusions: The study has proved that McKenzie's exercise approach (Group-I) provided maximum pain relief, improved functional activities & lumbar range of motion which is the central tenet and long term goal in the management of low back pain.

KEYWORDS: Low Back Pain, Mckenzie Exercise, Lumbar stabilization exercises