



THE EFFECTS OF A PROGRAM OF THERAPEUTIC EXERCISES ON THE REHABILITATION OF FUNCTIONAL LORDOSIS IN THOSE AFFLICTED WITH LOWER BACK PAIN

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ABSTRACT

In this may be study, attention to exercise treatment of those exercises to remove the pain (low back pain) or whichever exercise is more effective in reducing impact and relevance and its role in the rehabilitation of the injured and their return to the exercise of their normal lives, but the most important objective of the research is to know the effect of stretching exercises to treat special back muscles and spinal ligaments in eliminating or reducing the pain of lower back (lumbar spine) and suppose of the researcher that there are significant differences in removing or reducing the pain of the lower back, the research has been conducting on a sample of (10 patients) ages (40 – 45) years, who suffer from the pain of lower back, the most important recommendations are exercise that is appropriate to lower back pain, as well as more scientific research in the field of rehabilitation.

KEYWORDS: *Interest in Therapeutic Exercises, And to know the Effect of Therapeutic Exercises on the Mother of The Lower Back*

Article History

Received: 05 Apr 2019 | Revised: 08 May 2019 | Accepted: 13 May 2019

INTRODUCTION

The human being during his various stages of development faces many challenges that threaten his wellbeing and good look and posture possibly resulting in physical disfigurements and that can in their advanced states lead to irreversible bodily damage that is difficult to treat, and the reason behind these disfigurements are numerous and these include health problems and bad physical habits and sometimes neurological muscle weakness, not to mention other factors as the environment, occupation, over exhaustion, nutrition, injury, diseases and psychological stress, confirming the relationship between posture and health, as good strength enhances the functional capacity of the body vital organs and reduces the stress on the muscles, joints and ligaments, thus delaying muscle fatigue (Osama Riyad, 1999).

Since the good textures represent the equilibrium above the base of the base without leaving these body parts from the center of the weight of the body and reflect the appearance of the strength is not good and has an impact on internal organs such as abdominal deformation, accompanied by weakness and lengthening in the abdominal muscles and shortness in the muscles of the back (AmenaDarawi 1995).

The problem of the research of the and that urged the researcher to dive into its depths originated from his continuous observations as a technical specialist of physiotherapy in Al Hospital in Tripoli, where (60, 70) % of the hospital reviewers complained of low back pain.

And the importance of research interest in studying and addressing this type of deformity, a range of prescribed therapeutic exercises and their effect on the treatment of lumbar spine pain and alleviation of the pain in the lower back to help the injured individuals and help researchers to benefit from the results.

This research is aimed at, preparation of a program of rehabilitation exercises for the rehabilitation of low back pain, And to identify the impact of the proposed program on the study variables.

And from research hypotheses, the program of therapeutic exercises has a positive effect in the rehabilitation of low back pain, there is corporeal difference between the pre-test and the post-test in the variable of lordosis and some elements of physical fitness in favor of the post-test.

Previous Studies

The researcher searched for the previous studies and research and found some studies related to and close to the subject of research as follows : study of WaelMohmed (1997), entitled effect of rehabilitation program with the use of some accompanying methods of lumbar spine, the aim of the study was to identify the use of rehabilitation means accompanying the proposed rehabilitation program for patients with lumbar discoloration, and to identify the impact of the training program for the rehabilitation of lumbar spine patients, sample of the study the study was conducted on a sample of (40) of patients with lumbar cartilage Study results : increased range of musculoskeletal muscles of the pelvis, increase the strength of the muscle groups working on the pelvis and hip joint and knee

Fatima Gad (1995) entitled effect of a proposed program of therapeutic exercises on the lateral curvature deviation and the increase of lumbar spine and some physiological variables for primary school girls (9-11) the objective of the study is to identify the effect of the therapeutic program on some physiological variables of primary school students,

The researcher used the experimental approach, which was chosen from the elementary school pupils of age (9-11), the number of (165) students, the results of the study were statistically significant differences between the tribal and remote measurements of the total research sample in the quantitative measurements, the improvement rate was (83:84)% to lateral curve (79:61)%.

RESEARCH METHODOLOGY

The researcher used the experimental method using the experimental design of one group and applying the tribal and remote measurement to suit the nature of the research.

The Research Sample

The study sample was randomly selected from among those suffering from Lumbar dysplasia, and those who were in the physiotherapy and rehabilitation department at Al Khadra Hospital Tripoli, Libya, the number members of the research sample was (15) infected, the homogeneity of the sample was done in the basic variables as shown in Table 1

Table 1: Arithmetic Mean and Standard Deviation and Torsion Coefficient of the Basic Variables of the Research Sample

| Variables | Measuring Unit | SMA | Standard Deviation | Mediator | Torsion Coefficient |
|---|----------------|---------|--------------------|----------|---------------------|
| Bend the pelvis forward from sitting. | Degree | 13, 800 | 1,475 | 13, 500 | 0,425 |
| Sit down from flattening in 30 seconds. | Number | 9, 900 | 1,449 | 10,000 | 0,214 |

Table 1: Contd.,

| | | | | | |
|---|----------|---------|-------|--------|--------|
| Flatten on the back raise the two legs to the up. | A second | 7,800 | 1,932 | 7,500 | 0,236 |
| Lie on abdomen with head lift up. | Number | 11,800 | 1,316 | 12,000 | 0,088 |
| Test Denise. | Degree | 2, 915 | 1,269 | 2,910 | 0, 815 |
| X – rays | Degree | 12, 100 | 0,994 | 21,000 | 0, 610 |

It is clear from the results of Table (1) that the values of the torsion coefficient ranged from (0, 214) as the smallest value and (0, 815) as the largest value, thus limiting between (_+ 3) Basic variables

Program of Training Exercise used in Rese

It is necessary to select and design training program based on the theoretical analysis of many references and studies and scientific research and through personal interviews with some doctors, specializing in physical therapy and rehabilitation on the treatment of lumbar dysfunction and therapists in the Department of physiotherapy in Tripoli Hospital and some health centers Tripoli Libya, after which the proposed rehabilitation program was presented to a group of experts from the faculty of physical education and specialists in orthopaedic surgery and rehabilitation of injuries of athletes, The program has been identified as rehabilitation exercises..

- -Minimize mechanical stress on the spine.
- -Stretching muscles and ligaments connected to the joints.
- -Strengthen the muscle group working on the spine.
- -Increased elasticity of the lumbar region.
- -Improve overall fitness level.

DISCUSSIONS

In the light of the results and support of the hypotheses reached there are many results, the values of the torsion coefficient ranged between (0, 214) as the smallest value and (0, 815) as the largest value, Thus this indicates the parity of the search sample and the search variables, (Bend the pelvis forward from sitting, sitting flat on the back in 30 seconds, flattening on the back lift the legs to the top, and lying on the abdomen with the head up, where the improvement rate of the sample of sitting (36, 96) of the members of the research sample.

CONCLUSIONS AND RECOMMENDATIONS

Presentation and discussion of the results within the sample of the research, the following conclusions were reached, increase the strength of the muscle groups working on the pelvis and the hip joint and increase the motor range of the flexor and flat muscles of the pelvis, the proposed therapeutic program has a positive effect on patients with spine dysfunction in basic variables, that Seven weeks of standardized therapeutic exercise may be sufficient to treat people with spine dysfunction. The need to apply the program of therapeutic exercises in the rehabilitation of pain in the lower back, The interest in exercise that is appropriate to the condition of the patient with low back pain even after the end of the proposed treatment program, further studies carried out scientific research in the field of functional rehabilitation for those with low back pain.

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