

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*

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