

Non-Specific Low Back Pain is defined as Low Back Pain

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Description

Chronic Non-specific Low Back Pain (CNSLBP) is one of the common health conditions that persists for more than 12 weeks and not attributed to a recognizable known specific pathology. It occurs in similar proportions in all cultures, causes disability and interferes with quality of life and work performance. Both male and female populations are affected. Exercises play an important part in the management of patients with Low Back Pain. Therefore, this study was done to compare the effectiveness of McKenzie exercises versus Wii-Fit Yoga on pain and disability in patients with Chronic Non-specific Low Back Pain.

Stiffness

The total duration of the study was one and half year. Total of 45 subjects with Chronic Non-specific Low Back Pain between 20-50 years of age were selected for the study. The subjects were randomly allocated to 3 groups- Group A, Group B and Group C with 15 subjects in each group. Group A was a Control group received SWD and TENS only. Group B was treated with SWD, McKenzie Exercises and TENS. Group C was treated with SWD, Wii-Fit Yoga and TENS. Total 15 treatment sessions was given to each group 5 times a week for 3 weeks. Data was collected on 1st (pre-treatment), 7th (post-treatment) and 15th (post-treatment) session. Low Back Pain (LBP) is one of the most prevalent health conditions and the most expensive which affects the developed world. It affects both genders and all ages. About 70% to 85% of population has low back pain at some point in life. Now days, especially due to industrialization, the number of occurrences is increasing. Low back pain is defined as pain, muscle tension or stiffness localized below the costal margin and above the inferior gluteal folds with or without leg pain. According to the World Health Organization, low back pain is a leading cause of disability. It occurs in similar proportion in all cultures, interferes with quality of life and work performance and is the most common cause of medical consultations. Low back pain recently was rated by the Global Burden of Disease Study as one of the seven health conditions that most affect the world's population and it is considered a debilitating health condition that affects the population for the greatest number of years over a lifetime. Based on the etiology, Low Back Pain is

classified as Specific LBP and Non-specific LBP. Specific LBP is defined as back pain attributable to recognizable known specific pathology like nerve root compression, vertebral fracture, tumor, infection, inflammatory diseases, spondylolisthesis or spinal stenosis. Non-specific low back pain is defined as low back pain not attributable to a recognizable known specific pathology. It is characterized by the absence of any structural change. Of all the LBP patients, 90% are attributed to non-specific low back pain, a disorder which is a health problem of high economic importance.

Nintendo

Chronic Non-specific Low Back Pain (i.e., Low Back Pain of at least 12 weeks duration and without any specific cause) is one of the most common health conditions worldwide that is responsible for reduced functional performance, disability, work absenteeism, emotional distress and high economic costs for its treatment. Given that chronic low back pain is very prevalent, the costs associated with this condition are very high. Approximately 60% of the patients with chronic low back pain did not consider themselves recovered in a period of 1 year from the onset of symptoms, with moderate levels of pain and disability persisting over time. The McKenzie approach is one of the most frequently used types of physiotherapy treatment for back pain. The McKenzie method is an active therapy that involves repeated movements or sustained positions with the purpose of minimizing pain and disability and improving spinal mobility. Based on the books titled The Lumbar Spine: Mechanical Diagnosis & Therapy: Volume Two and Treat Your Own Back, the McKenzie method aims to make the patients as independent of the therapist as possible and thus capable of controlling their pain through the practice of specific exercises for their problem. The review by Clare et al demonstrated that the McKenzie method showed better results in short-term pain relief and improvement of disability compared with other active interventions. Nintendo Wii-Fit exercise program has been used for therapeutic effect in various populations. The Nintendo Wii-Fit console is an instrument of biofeedback-based exercise. A user controls a game character in a virtual environment using a remote controller with a motion sensor. The Nintendo Wii-Fit is commercially available and inexpensive.