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## Effect of a 6-week proprioception exercise program on movement control, pain and function in women with chronic non-specific low back pain

Mahdiah Soleimani, Amir Letafatkar, Seyed Sadredin Shojaeddin and Faezeh Zangiabady  
Kharazmi University, Iran

**Introduction & Aim:** Back pain is one of the most common musculoskeletal problems and is known to occur in 80% of patients. This pain, that is one of the causes of impaired movement control, results in weakness and inability even in performing routine tasks. Despite the enormous expenditure world-wide on treating and researching low back pain, little is known about the causes of back pain, the factors that increase the risk of developing back pain, or about effective treatments. Due to the high prevalence of back pain and lack of a reliable method for treatment of low back pain, the purpose of this study was to investigate the effect of proprioception exercise program on movement control, pain and function in women with chronic non-specific low back pain.

**Participants & Methods:** 24 women with chronic non-specific low back pain, mean age  $25/94 \pm 2/03$ , were chosen using Quebec questionnaire and were randomly divided into two groups: control group (N=12) and experimental group (N=12). Movement control, pain and movement function were measured using the Luomajoki movement control tests (2007), visual analogue scale (VAS) and Roland Morris Questionnaire respectively. The experimental group then participated in a 6-week proprioception exercise program under the supervision of the researcher. Following this 6-week program, measurements were repeated in the post test.

**Results:** Movement control, pain and movement function were significantly improved in experimental group. No significant changes were observed in control group.

**Conclusion:** These results show that this proprioception exercise program is effective in improving movement control, pain and function of women with chronic non-specific low back pain. Future researches should investigate the long term effects of this training program on treatment of patients with chronic non-specific low back pain.

### Biography

Mahdiah Soleimani has completed her MSc from Kharazmi University School of Physical Education and Sport Sciences.

[std\\_fzangiabady@khu.ac.ir](mailto:std_fzangiabady@khu.ac.ir)

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