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Rehabilitation of lower back pain with manual therapy and electrotherapy

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Background: Lower back pain is one of the most frequent musculoskeletal problems in physiotherapeutic clinical practice, with the most frequent incidence in the middle and later ages.

Materials & Methods: Prospective study in the Rheumatology Department at Mother Teresa Hospital, Tirana from April to September 2018. Patients were selected randomly. The ages of patients included in the study were from 25 to 55 years old. 40 patients were diagnosed with sub-acute and chronic lumbago by the rheumatologist. The excluded criteria were: neurological problems (radiculopathy), orthopedic operations and polyneuropathy. Patients were divided into two groups: Group I of the study was treated for 15 days with electrotherapy (TENS, ultrasound). The second group of patients was treated for 15 days with combined therapy with manual, exercises and electrotherapy. Quebec questionnaire was used to evaluate daily activity of patients.

Results: The therapy used was electrotherapy, manual therapy and kineziterapi. Group I: The Quebec back pain disability scale of the patients on the first day of treatment was 3.81, while on the last day was 2.27. As a result, the electrotherapy has increased the functionality of patients in their daily activity. Group II: The Quebec back pain disability scale of the patients on the first day of treatment was 3.9, while on the last day was 1.36. As a result, the combined therapy has considerably increased functionality in daily activity of patients.

Conclusions: By concluding, the most effective therapy for the rehabilitation of the lower back pain is combined therapy with manual therapy, exercises and electrotherapy. This conclusion is also supported by international evidence.

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