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Implementing yoga into the management of patients with refractory low back pain in an outpatient clinic setting

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Purpose: To evaluate the effectiveness of implementing yoga into the treatment of patients with chronic low back pain.**Design:** Quantitative analysis with opportunity for qualitative feedback.**Method:** Effectiveness of this complementary treatment was assessed using a pre-test/ post-test design of patients who volunteered to participate in yoga classes as part of their back pain management. Measurements included low back pain rating, perception of back pain interference with daily activities, and self-efficacy in dealing with chronic low back pain.**Findings:** Although no statistically significant findings were found due to the small sample size, most participants demonstrated improved individual scores on all measurement surveys including qualitative comments.**Conclusion:** Based upon the findings of these pilot study further studies on implementing yoga into the treatment of chronic low back pain are encouraged.

| Study Number | Pre-Test Score | Post-Test Score |
|--------------|----------------|-----------------|
| 4001 | 15 | 12 |
| 4002 | 12 | 10 |
| 4003 | 15.56 | 10 |
| 4004 | 16 | 9 |
| 4005 | 6 | 3 |
| 4006 | 6 | 7 |
| 4007 | 20 | 15 |
| 4008 | 29 | 17 |
| 4009 | 12 | 10 |
| 4010 | 24 | 19.13 |

Figure 1: Modified Oswestry low back pain disability index (raw scores)

Biography

Karen M Lewis is a board certified Family Nurse Practitioner, Assistant Professor and Director of the Post-Master's DNP Program in the School of Nursing at Western Carolina University in Asheville, NC, USA. Prior to a career in academia she spent many years working clinically in the field of Neurosurgery where she cultivated an interest in spine related issues, prevention, and treatment. Her experience led her to a position where she successfully developed and managed a hospital based spine clinic. This career experience heightened her interest in complementary treatments for chronic low back and neck pain, and is her current research area of interest.

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