

11th International Conference on CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

August 25, 2022 | Webinar

Evaluation of mat pilates training on trunk & pelvis posture, quality of life & functional disability in chronic low back pain patients : using posture analyser software

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Purpose: To investigate & analyze the effectiveness of mat Pilates training on improving trunk & pelvis posture, quality of life & functional disability in chronic low back patients.

Methods: This was a single-blind, randomized clinical trial in which 10 physically active subjects aged between 20 to 40 years with nonspecific chronic low back pain for more than six months were recruited. The study employed a pretest-posttest design, with a 6-week follow-up. For six weeks, the intervention group participated in a group-supervised, mat-based Pilates program. The primary outcome was self-perceived health status measured using the EQ-5D-5L questionnaire in a structured form and posture analyser software. Secondary outcomes included intensity of pain & degree of disability using EQ-VAS & Roland Morris disability index respectively.

Results: By the end of the 6-week Pilates program, the intervention group achieved significant change in pelvis Posture, Quality of life & Functional disability in individuals having chronic low back pain but did not shows a significant change in trunk posture.

Conclusions: A 6-week supervised Pilates-based core exercise program is an effective therapeutic modality for improving Posture, functional disability, self-perceived health status in patients with chronic low back pain. This finding could inform clinicians of better alternatives when they suggest exercise interventions for chronic low back pain.

Biography

Dr. Nitin Dhār is Currently working as Assistant Professor at KR MANGALAM UNIVERSITY GURUGRAM and Founder of Ergo work Healthcare services, providing physiotherapy and Rehabilitation | Ergonomics consultation | Academics | Wellness Clinic | Home-care Services. I am a Certified Ergonomist and assessment specialist and holding a bachelor's degree in Physiotherapy from Amity University with master degree in cardiopulmonary rehabilitation from Jamia Millia Islamia, Central Govt. University, and New Delhi. Active member of Rotaract District Organization 3012 since last 10 years working for social service.

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