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**Synergistic effect of combined therapy : Alternative to physical medicine in low back pain**

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The region of Ouargla in the south-east of Algeria has many thermal springs that are still largely untapped. The aim of this pilot study is to assess the contribution this alternative medicine "balneotherapy" in functional restoration of chronic low back pain patients.

Participants were recruited from subjects treated for chronic low back pain at the balneotherapy and functional rehabilitation center in Ouargla, Algeria. The sample was divided into two groups for comparative purposes: an intervention group (A) receiving physical therapy combined with spa therapy, and the control group (B) receiving physical therapy alone. The response to treatment was assessed using the Oswestry Disability Index, a self-questionnaire focusing on the functional status and well-being of chronic low back pain patients validated in its Arabic version. The questionnaire was given at the beginning and end of treatment. An improvement in Oswestry is considered clinically relevant if it is greater than 30%.

Sensitivity to change is estimated by the standardized mean response and effect size.

Ten patients were included for this study: divided into two groups: 5 patients in the intervention group (A) and 5 patients in the control group (B). We observed that 60% of patients had a clinically relevant improvement in Oswestry in group (A) versus 20% patient in group (B). The effect size for group (A) and group (B) is 1.20 and 0.71, respectively. The standardized response mean is 1.13 for group (A) versus 1.01 for group (B).

balneotherapy using thermal waters of Ouargla may be more effective in improving functional and well-being for patients with common chronic low back pain.

**Biography**

Abdelghani MILIANI has completed his postgraduated studies of physical and rehabilitation medicine at the age of 32 years from University of Algiers, Algeria. He is is an assistant professor from the University of Ouargla, Algeria.

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