Chronic Low Back Pain

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Exercise Treatments for Chronic Non-Specific Low Back Pain
A Systematic Review

SUNY, The College at Brockport

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Background
Chronic Low back pain (CLBP) is a condition relating to discomfort felt along the lumbar region of the spine. It is a rising problem across all populations, especially the newly aging. Nearly 80% of the Western Adult population suffer from low back pain at some point in their lives. The condition can be detrimental to one’s well being and quality of life.

Methods (continued)

- A systematic review of scholarly journal articles containing RCT obtained from databases such as SportsDISCUSS, Google Scholar, and Academic Search Complete.
- Cochrane Medical Review guidelines for selecting proper articles was used in this study.

Future Research
I plan to investigate more intervention options and to personally conduct these studies and document the results.

Conclusion

Although there were no statistically significant differences between groups, strengthening exercises have the greatest impact in relieving lower back pain.

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Aim

The purpose of this study was to examine the literature to identify the most effective exercises that would contribute to a reduction in low back pain.

Limitations

- Length of research studies
- Statistical comparisons between variables that were not included in this study
- Numbers of studies within each exercise domain

Findings

Number of Articles and How Many Show Significant Differences

<table>
<thead>
<tr>
<th>Exercise Type</th>
<th>Number of Articles</th>
<th>% Showed Significant Difference</th>
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<tbody>
<tr>
<td>Flexibility</td>
<td></td>
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<tr>
<td>Strength</td>
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<tr>
<td>Aerobic</td>
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% Change Between Pre and Post Groups

Methodology

1,386 Research articles were present on result page (n=1,386)
95 Articles were RCT involving exercise interventions (n=95)
18 articles dealt with treatment (n=18)
18 total studies were included in this study (n=18)

Flowchart Showing Selection Strategies
RCT= Randomized Control Trial

References