

BENEFITS OF A REGULAR PHYSICAL ACTIVITY IN CHRONIC LOW BACK PAIN PATIENTS DURING A CONTROLLED COLLECTIVE TREATMENT VERSUS AUTONOMOUS SELF-MONITORING

Jamotte A. ¹, Tubez F. ¹, Dorban G. ¹, Jacquemin D. ¹

¹ Haute Ecole Robert Schuman, Unité de Recherche en Kinésithérapie et Ergonomie, Libramont

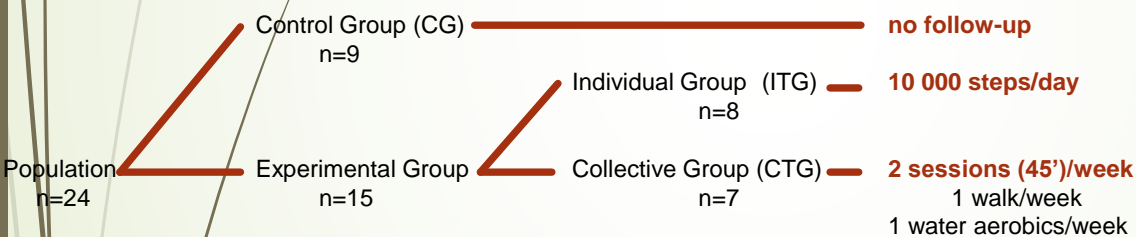
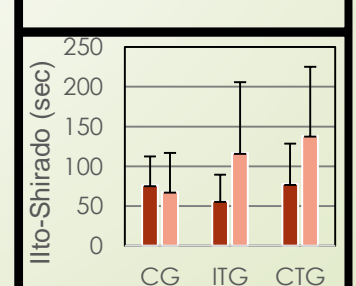
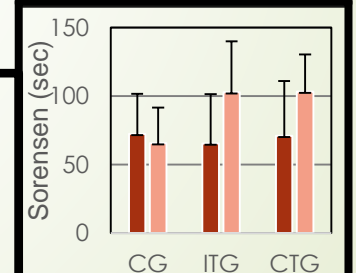
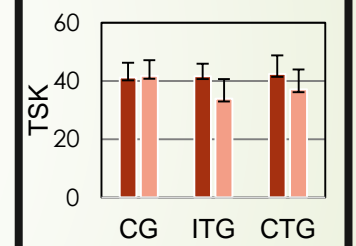
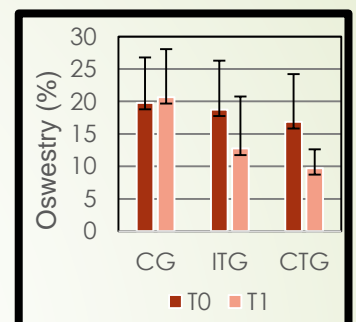
Purpose

Primary goal was to determine how a regular physical activity could be efficient in non-specific chronic LBP post-treatment. Secondary aim was to make a comparison between a collective and monitored treatment and an individual and self-controlled follow-up

Methods

24 non-specific LBP patients, who have completed back school sessions, were randomized into 3 groups. A control group (CG, n=9), with no change in everyday activities. One collective treatment group (CTG, n=7) participating 2 sessions of 45 min/week including a walking session and an aqua-gym session. One individual treatment group (ITG, n=8) where patients had to achieve 10.000 steps/day in an autonomous way (controlled by pedometer). All tests were performed at the beginning of the study (T0) and after 6 weeks (T1) for the 3 groups

Measured parameters at T0 & T1	Used tests
Kinesiophobia	TSK
Functional incapacity	Oswestry
Trunk flexors endurance	Ito-Shirado
Trunk extensors endurance	Sorensen



Results

- All groups were statistically identical at the beginning
- For all items, no statistically improvement was found for the control group (CG)
- For the **ODI**, the evolution for the CTG (p=0,0078) and the ITG (p=0,0156) were significant
- The results of the **TSK** were also enhanced with respectively p=0,0078 (CTG) and p=0,0039 (ITG)
- The **Sorensen's** results have increased from 71±40 seconds to 103±27 seconds (p=0,0156) for the CTG and from 65±36 seconds to 102±37 (p=0,0039) for the ITG. The results for the CG came down from 72±29 seconds to 65±26 seconds (p=0,4062)
- For the **Ito-Shirado**, only the CTG have shown a significant (p=0,0306) positive evolution
- CTG and ITG were statistically different from CG at T1

Conclusion

Considering the results, the benefits of a regular physical activity, in groups or individual, for patient suffering from non-specific chronic LBP could be attested. CTG has a more significant evolution than ITG