

Lumbar Stabilization Exercises Combined with Therapeutic Yoga in the Management of Chronic Low Back Pain

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Abstract: *This study aims to evaluate the combined effectiveness of specific stabilization exercises with yoga training for chronic low back pain patients in minimizing pain and improving their lumbar stability and functional ability. Totally 36 patients participated in this study which was performed as a Pre-test and post-test experimental study design. The outcome measure used was VAS, Roland Morri's back pain questionnaire (RMQ). Specialized Lumbar stabilization exercises combined with therapeutic Yoga were provided to the patients. There was a significant difference in the gain score for the exercise with yoga for the VAS and RMQ. In the patient, the VAS score has decreased from the mean (standard deviation), pre-test (8/10) to post-test (3/10) which shows the difference. There was a significant difference in the Pain score (11) for the exercise with yoga for the Roland – Morris low back pain questionnaire. In the patient, RMQ scores have increased from the mean (standard deviation), pre-test (16/24) to post-test (5/24). This study reveals that specific stabilization exercises with yoga therapy training programs resulted in improvement. Progressive training appears to be an effective intervention to reduce low back pain and has a positive effect on improving strength. The study supports the lumbar spine stabilizing exercises combined with yoga therapy as an effective approach in minimizing pain and improving functional capacity.*

Keywords: Lumbar stabilization

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