

Can Whole-Body Vibration Therapy Augment the Results of Conventional Physiotherapy among Chronic Non-Specific Low Back Pain Patients

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Abstract: *Objective -The primary objective of the study is to find out the effects of adding whole-body vibration therapy to conventional physiotherapy among chronic non-specific low back pain patients. Methodology:20 subjects with chronic non-specific low back pain patients were selected as samples. This study design is an experimental study and the study type is comparative. The duration of this study is 12 weeks within which whole body vibration therapy and conventional physiotherapy are given to the patients of group A and group B. subjects with chronic non-specific low back pain [LBP], age group around 30 to 50, both males and females are included in this study. GROUP -A -Ten weeks of vibration therapy was provided to selected samples. All the subjects underwent baseline analysis and post-test analysis after ten weeks of intervention using the 3 selected outcome measures, namely the Roland Morris scale for pain, Oswestry disability index, and Visual analog scale. GROUP-B- was treated with conventional physiotherapy. Result: On comparing the between group analysis of the Roland-Morris scale, Oswestry disability index, and Visual analog scale. It has been found that there is no significant difference between group A and group. On comparing the within-group analysis, it has been found that there was a significant difference in the Roland-Morris scale of group A and group B of pre-test and post-test with the p-value 0.005. In Oswestry Disability index of group-A and group B for pre-test and post-test with ap-value of 0.005. In VAS of group A for pre-test and post-test with the p-value of 0.005 and group B with the p-value of 0.004. Conclusion: The study concluded that whole-body vibration therapy is more effective than conventional physiotherapy in treating with chronic non-specific low back pain.*

Keywords: Chronic non-specific low back pain [LBP] patients, whole body vibration [WBV] therapy, conventional physiotherapy, lumbar and core muscle strengthening exercise

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