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Hughes M.

Outcomes Following the Use of Manual Therapy and Lumbar Stabilization for a Patient with Low Back Pain: A Case Report.

2006;18(4):14-19.

ARTICLE SUMMARY

Work related chronic low back pain accounts for only 10% of total cases in the United States but represents 80% of totally low back pain related costs. Therefore it is important to prevent acute low back pain from becoming chronic (lasting longer than 3 months). This case study combines manual therapy and dynamic lumbar stabilization exercises to treat a patient with chronic low back pain worsened by an acute work related incident. Outcome measures (SF-36 and Oswestry) were used to track functional level and pain scores. Over a five-week period of 6 visits with manual therapy and lumbar stabilization exercise, clinically significant improvements were seen in the numeric rating scale for pain and the ODI. This study suggests that the combination of manual therapy and lumbar stabilization exercise may be beneficial in treating low back pain. However, long-term outcomes of this treatment are not known and further research will be beneficial in concluding more specific treatment protocols.

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