

## **Efficiency of selected physiotherapeutic treatments for low back pain**

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### **ABSTRACT**

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**Purpose:** Low back pain (LBP) occurs among approximately 60-80% of the population, gradually contributing to long-term or recurring disability. We aimed to evaluate the efficiency of two physiotherapeutic treatments (namely, Träbert current and kinesiotherapy) among patients with LBP.

**Material and methods:** Comprised of function tests and scales of pain and functionality, clinical tests were performed according to a prospective method in a regional hospital in Lomza. Forty patients randomly distributed into two groups: one group a subject to physical therapy with Träbert currents, the other group to kinesiotherapy following a proprietary programme. Physiotherapy

was performed from Monday to Friday for two weeks in a series of ten treatments.

**Results:** The treatment used in both groups significantly decreased pain and increased functionality of patients, evaluated by Laitinen's survey, the Oswestry Disability Index (ODI), and the Roland Morris Disability Questionnaire. Results of the Schober's and "fingertip-to-floor" tests also showed increased improvement.

**Conclusions:** The physiotherapy facilitated a significant decrease in pain, an increase in the mobility in lumbosacral segment of the spine and a decrease in disability among patients with LBP.

**Key words:** Low back pain, degenerative lesions, physiotherapy, kinesiotherapy, physical therapy

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