

The Role Of Exercise For Back Pain

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Low back pain is the most frequent and common syndrome that causes disability and absence from work. It has a prevalence of 60-85% during an individual's life time. At some point in life, between 15% and 20% of adults have this symptom. The incidence of non-specific LBP is higher in workers subjected to heavy physical exertion, such as weight lifting, repetitive movements and frequent prolonged static postures. Although there are several causes, the most common type is non-specific back pain derived from a variety of factors. Due to the variety of factors, no therapeutic technique is effective for all patients.

Exercise therapy comprises a heterogeneous group of interventions which can be done individually or in a group, under supervision of a therapist. It is recommended for patients with back pain to remain physically active in a way they can be, as long periods of inactivity will adversely affect recovery. The most popular exercises for back pain is therapeutic exercise which is defined as a set of specific movements with the objective of developing and training the muscle and joints with the use of a practice routine or physical training in order to promote the physical health of the individuals. The effectiveness of rehabilitation through the active exercise has been documented in RCT's compared with passive mobilization. Therefore, exercise standardization, as well as duration, frequency and time of evaluation are necessary to reduce the risk of recurrent severe LBP.