E-Poster

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The Importance of Outpatient Physical Therapy in Assessing the Quality of Life of Patients After Surgical Treatment of the Lumbosacral Spine

Topic: Disability Studies

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BACKGROUND

Lumbar pain syndrome includes a set of disorders accompanied by pain with function impairment of the lumbosacral part of the spinal column, a protective muscular reaction to pain and often symptoms of compressive radiculopathy. Over 80% of people in the mature period of life face this problem. It is one of the most common causes of absenteeism from work and the requirement for medical help. It was estimated that in 2017, 7.5% of the world's population, mostly aged 35-49 years of life suffered from some form of lumbar pain syndrome, about 570 million people. Studies show a positive effect of rehabilitation of patients with this problem. However, more controlled studies are needed to evaluate rehabilitation outcomes and to align with the development of new rehabilitation protocols. Accordingly, the main goal of this research is to assess the quality of life (QoL) of surgically treated patients with lumbar pain syndrome, preoperatively and two months after the surgical procedure with or without medical rehabilitation, and to compare these two groups of patients.

METHODS

The study is prospective. It includes 51 patients, aged 20-85 years, who were surgically treated at the Clinic for Neurosurgery of the Clinical Center of the University of Sarajevo for three months in 2024. The patient's QoL was assessed by the Oswestry disability index /ODI/ questionnaire, filled out before the surgery and two months later. The patients were divided into two groups. The first group underwent outpatient physical therapy after surgery, while the control group did not undergo physical therapy postoperatively.

RESULTS

Among the total patients, 31 were female and 20 were male. The average age of patients was 55.8 years. The average ODI score preoperatively in men was 57.30%, while in women it was 65.23%, which is a statistically significant difference. Out of the total number, 18 men and 24 women underwent physical treatment. The average ODI score after the surgery in patients who went through physical treatment was 41.33%, and in patients who did not receive physical treatment, it was 61.56%. There is a statistically significant difference between them.

CONCLUSION

The QoL and functional status of patients in the postoperative period is significantly better compared to the preoperative period. The QoL and functional status of patients with outpatient physical treatment two months after surgery is significantly better compared to patients without outpatient physical treatment.

Statement of Disclosures

None

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