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The Impact of the Use of the Lumbostat on People With Lower Back Pain

Topic: Pain

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BACKGROUND

The well-being of our patients in the professional environment motivated us to carry out a study on the impact of the use of the lumbostat on people with lower back pain. The objective of this study is to evaluate the real impact of the use of the lumbostat in the workplace, but also to ensure comfort and the effective improvement of lumbar pain, with a view to helping this category of the community has optimal relief.

METHODS

Retrospective and cross-sectional, our study was carried out among low back pain patients followed during the period from January 2023 to October 2023. The data were collected from low back pain patients wearing a lumbostat for a minimum of 45 days and followed at the Physical Medicine and Rehabilitation department of the Angels Clinic in Kinshasa, using a survey protocol that we had submitted to patients; This data was processed by hiding the entry on EPIDATA, analyzed on the software SPSS and percentage comparisons were established by the chi-square test.

RESULTS

Out of 44 low back pain patients wearing a lumbostat for at least 45 days, we found 28 men or 63.6% and 16 women or 36.4%, whose average age was 38 years; Comfort and total improvement in pain were observed in 14 patients or 31.8%; while 21 patients, or 47.7% of patients with a lumbostat, presented a partial improvement in pain and discreet discomfort and finally nine patients, or 20.4% of low back pain patients wearing a lumbostat, did not observe any usefulness and benefits of wearing a lumbostat; Low back pain patients wearing a lumbostat for at least 45 days and having combined it with comprehensive medical care obtained a total improvement in pain, Age was a difference variable for low back pain patients wearing a lumbostat, the younger ones wore it for the shortest time possible than the elderly patients, The clinic behind the low back pain felt by our patients was a significant factor in the comfort and improvement of the pain.

CONCLUSION

Despite use of lumbostat among lower back pain patients in various clinics, impact on pain, comfort significantly affects autonomy as well as reintegration or rehabilitation of low back pain patients wearing a lumbostat during exercise, daily life of their social professional activities, Controlling certain factors will positively influence optimal rehabilitation.

Statement of Disclosures

None

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