E-Poster

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Effectiveness of Mulligan Concept in Managing Chronic Low Back Pain: A Tunisian Pilot Study

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Chronic low back pain (CLBP) is a serious public health problem. Main treatment is still conservative management. Recently, manual therapy has also been employed, especially the Mulligan concept, which is prescribed in many musculoskeletal conditions. However, there is a lack of research targeting the effectiveness of this approach in CLBP. The aim of this study was to investigate efficiency of the Mulligan concept techniques in the treatment of CLBP.

METHODS

Patients suffering from CLBP enrolled in our study were divided in two groups. Group A had conventional physiotherapy program and Group B had the same protocol adding Sustained Natural Apophyseal Glides (SNAGs) based on the Mulligan concept, three times per week for two months. Outcomes are pain intensity, range of motion, functional disability, and depression and anxiety, measured by Visual Analog Scale (VAS), modified Schober test, Oswestry Disability Index, and Hospital Anxiety and Depression Scale respectively. Measurements were taken before and after the treatment period.

RESULTS

Both groups showed improvement of measured outcomes during the study, but Group B got better results in terms of pain management, spinal mobility (especially flexion and extension) and in functional status. In fact, for Group A mean VAS score passed from 7.3/10 to 3.3/10 at the end of the protocol. For patients in Group B, it passed from 7.3/10 to 1.6/10.

CONCLUSION

The results of this study confirm the effectiveness of the Mulligan concept in the treatment of CLBP. The concept improves range of motion, reduces pain, and minimizes functional disability. These results are encouraging but not definitive due to the limited number of patients and the short follow-up period.

Statement of Disclosures

None

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