E-Poster

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Functional and Socio-Professional Impact of an Exercise Rehabilitation Program in Patients With Chronic Low Back Pain

Topic: Exercise

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BACKGROUND

Exercise reconditioning, or functional restoration, is a therapeutic approach for chronic low back pain patients failing traditional treatments. It addresses physical, psychological, and social aspects. This study evaluates and compares pre- and post-rehabilitation results, highlighting benefits and limitations.

METHODS

This retrospective study included 30 chronic low back pain patients in a two-month exercise rehabilitation program. Epidemiological, clinical, functional, and psychological data were collected at baseline and post-intervention.

RESULTS

The average age of our patients was 45 ± 7 years, and the sex ratio was 1. The body mass index (BMI) was greater than 25 in 83.3% of the patients. The intensity of low back pain at rest, assessed by the Visual Analog Scale (VAS), decreased from an average of 6.05 mm ± 1.8 at the beginning of the program to an average of 2.40 mm ± 1 at the end of the program. We noted a significant improvement in spinal flexibility parameters, including the Schober index increasing from 3.58 cm ± 1 to 4.91 cm ± 1, and the finger-to-floor distance (FFD) decreasing from 15.53 cm ± 12.6 to 3.30 cm ± 5.2 at the end of the program. Similarly, for the flexibility parameters of the sub-pelvic planes, the popliteal angle (PA) and the heel-buttock distance (HBD), the values decreased favorably by 45% and significantly. For the psychological dimension, we observed an improvement in the scores of the two sub-scales for depression and anxiety of the Hospital Anxiety and Depression Scale (HADS). On the functional level, the Quebec Functional Disability Scale increased favorably by approximately 50% compared to the initial score. On the professional level, 73.3% of patients were on sick leave at the beginning of the program, and this percentage decreased to 13.3% at the end of the program.

CONCLUSION

The results of our study confirm the positive effect of the exercise rehabilitation program on all the parameters evaluated, by acting on physical condition, functional abilities, psychological dimension, and return to professional activity.

Statement of Disclosures

None

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