

Lumbar extensor training improves chronic back pain

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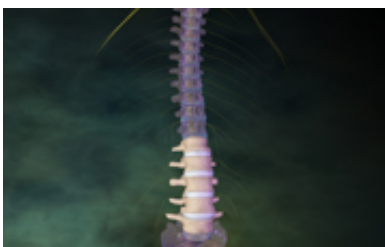


Image courtesy of Blausen Medical

An exercise regimen can improve functional status for men with chronic nonspecific low back pain without improving low back muscular morphology, according to a study published in the Dec. 15 issue of *Spine*.

(HealthDay)—An exercise regimen can improve functional status for men with chronic nonspecific low back pain (CNSLBP) without improving low back muscular morphology, according to a study published in the Dec. 15 issue of *Spine*.

Martin J. Willemink , M.D., from St. Antonius Hospital in Nieuwegein, Netherlands, and colleagues assessed the effect of a dynamic isolated resistance-training program for the lower back muscles comprising approximately 10 sessions in 12 weeks for 16 [male patients](#) with CNSLBP. The frequency of additional training over the next 12 weeks was tailored to patient need. Lumbar [magnetic resonance imaging](#) (MRI) was performed at baseline, at 12 weeks (T₁₂), and after 24 weeks (T₂₄).

The patient-specific functional scale, Roland-Morris disability questionnaire, and global perceived effect scale were used to assess functional status.

The researchers identified significant and clinically relevant improvements from baseline to T₁₂ in the Roland-Morris disability questionnaire (44 percent) and patient specific functional scale score (39 percent). There was no significant change in the scores between T₁₂ and T₂₄. At T₁₂, seven participants (44 percent) reported clinically relevant improvements in global perceived effect, and at T₂₄, one more patient reported an improvement and two reported worsening of their condition. Minor non-significant changes in functional cross-sectional area were seen on analysis of MRI.

"Our study shows that 10 weeks of dynamic isolated training of the lumbar extensors, once a week, leads to clinically relevant improvements in functional status of men with CNSLBP, without accompanying improvements in functional cross-sectional area of lumbar multifidus," the authors write.

More information: [Abstract](#)
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