

Full, limited range of motion extension exercise benefit LBP

July 11 2013

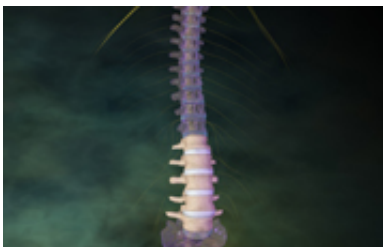


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A 12-week training program with isolated lumbar extension resistance training with either full range of motion (FullROM) or limited ROM increases full ROM lumbar extension strength and improves perceived pain and disability in patients with chronic low back pain, according to a study published in the July 1 issue of *Spine*.

(HealthDay)—A 12-week training program with isolated lumbar extension resistance training with either full range of motion (FullROM) or limited ROM (LimROM) increases full ROM lumbar extension strength and improves perceived pain and disability in patients with chronic low back pain, according to a study published in the July 1 issue of *Spine*.

James Steele, from Southampton Solent University in the United Kingdom, and colleagues recruited patients (14 males and 10 females) with nonspecific [chronic low back pain](#) for a 12-week intervention. Participants were randomized to a [control group](#), FullROM training

group, or LimROM training group. The training groups completed isolated lumbar extension [resistance training](#) once a week, carrying out one set of exercise at 80 percent of their maximal tested functional torque to failure.

The researchers found that there were significant improvements in full ROM lumbar extension strength, perceived pain, and disability for both training groups versus the control group. No changes were observed in lumbar or standing ROM. The FullROM and LimROM groups did not differ significantly for any outcome measure. In both FullROM and LimROM, changes in perceived pain and disability met minimal clinically important values for the visual analogue scale and Oswestry Disability Index.

"The results suggest that both FullROM and LimROM are equally effective in increasing full ROM lumbar extension strength and producing clinically meaningful improvement in perceived pain and disability," the authors write.

More information: [Abstract](#)
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