

Lumbopelvic stabilization training therapeutic for LBP

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(HealthDay)—For patients with chronic nonspecific low back pain

conditions, lumbopelvic stabilization training (LPST) has a therapeutic effect on pain modulation, according to a study published online Jan. 2 in *Pain Practice*.

Aatit Paungmali, Ph.D., from the Chiang Mai University in Thailand, and colleagues examined the effects of LPST on pain threshold and pain intensity compared with the passive automated cycling intervention and control intervention in a cohort of 25 patients with chronic nonspecific [low back pain](#). Participants received all three types of experimental interventions randomly, with 48 hours between sessions.

The researchers found that LPST provided therapeutic effects, improving the pressure pain threshold significantly more than the placebo and control interventions. Under the LPST condition, the pain intensity was significantly better than under the passive automated cycling and control interventions. There was a significant trend of improvement beyond the control for heat pain threshold under the LPST condition, but no significant effects were seen for cold pain threshold.

"LPST may provide therapeutic effects by inducing pain modulation through an improvement in the [pain threshold](#) and reduction in [pain intensity](#)," the authors write. "LPST may be considered as part of the management programs for treatment of chronic low back [pain](#)."

More information: [Full Text \(subscription or payment may be required\)](#)

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