

# Treatment of hips beneficial in patients with low back pain

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(HealthDay)—For individuals presenting with a primary complaint of

mechanical low back pain (LBP), prescriptive treatment of the hips seems beneficial in addition to treatment of the lumbar spine, according to a study published online Jan. 27 in the *Journal of Evaluation in Clinical Practice*.

Michael Bade, P.T., Ph.D., from the University of Colorado in Aurora, and colleagues conducted an objective study involving 84 patients with a primary complaint of mechanical LBP. Participants were randomized to pragmatic treatment of the lumbar spine only (LBP; 39 patients), based on published clinical guidelines, or pragmatic treatment of the lumbar spine and prescriptive treatment of bilateral hips (LBP + HIP; 45 patients), involving use of three hip exercises and three mobilization techniques. Outcome measures included the Modified Oswestry Disability Index, Numeric Pain Rating Scale, a global rating of change (GRoC) score, the patient acceptable symptom state, and [patient satisfaction](#), assessed at baseline, two weeks, and at discharge.

The researchers observed significant between-group differences in GRoC and patient satisfaction favoring the LBP + HIP group at two weeks. Significant differences were seen on the Modified Oswestry Disability Index, numeric pain rating scale, GRoC, and patient satisfaction favoring the LBP + HIP group at discharge.

"Our findings suggest that a prescriptive treatment of the hips may be of clinical value to individuals presenting with the primary complaint of mechanical LBP," the authors write.

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

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