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Comparing pilates to general exercise in adult patients with chronic low back pain

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Abstract:

Background: Low back pain (LBP) has been a significant health care concern for decades, and prevalence continues to rise. There is evidence that exercise is used to gain strength and decrease instability in chronic patients; however, little evidence exists on which method is the most effective and efficient. General supervised exercise includes strengthening and stretching of main muscle groups, but is typically not tailored to meet each patient's separate needs. Pilates is one method of core stabilization that has standardized movements that can be individually modified. The hypothesis is that Pilates has a greater treatment effect when compared to general exercise in improving pain, Global Perceived Effect, and the mental components of quality of life in patients with chronic low back pain. Results: Six articles were included. Pilates was superior to general exercise in decreasing pain (ES = -0.49, 95% CI = -0.63 to -0.34) and improving Global Perceived Effect (ES = 0.88, 95% CI = 0.60 to 1.16). The mental components of the SF-36 gave inconclusive results whether Pilates is superior (ES = 0.00, 95% CI = -0.30 to 0.29). Conclusion: Pilates is superior to general exercise at decreasing pain while improving Global Perceived Effect.

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Methods: Patients with chronic low back pain or radicular pain sick-listed for more than 8 weeks and less than 6 months were included. A total of 49 patients were randomized to either manual therapy (n = 27) or to exercise therapy (n = 22). Sixteen treatments were given over the course of 2 months. The aim of this study was to compare the effect of manual therapy, consisting of specific exercises and segmental techniques, to general exercise therapy in chronic LBP patients. Methods. Patients.