



THE EFFECTS OF CONVENTIONAL PHYSIOTHERAPY AND HOME PROGRAMME ON PAIN, ANXIETY AND DEPRESSION IN PATIENTS WITH CHRONIC LOW BACK PAIN



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Objectives: The aim of this study was to determine the effects of conventional physiotherapy and home exercise programme on pain, anxiety level and depression in patients with chronic low back pain.

Methods: Twenty-eight individuals with chronic low back pain participated in this study. Socio-demographic data was recorded and participants were randomly assigned to two groups. The conventional physiotherapy group was treated with hotpack, TENS and spinal stabilization exercises for 6 weeks, 3 days a week. The home programme group including spinal stabilization exercises and exercises was checked once a week. Individual's pain intensity during rest and activity was recorded according to the visual analog scale (VAS). Participant's anxiety and depression levels were evaluated using the State-Trait Anxiety Inventory (STAI) and Beck Depression Scale (BDS). Assessments were repeated at baseline and after 6 weeks.



Results:

Table1: Socio-demographic values

	Conventional Therapy Group		Home Program Group	p ^a
Gender	8 Female 5 Male		7 Female 8 Male	0.634
Age (year)	39 (31-49)		39 (33-45)	0.786
Height (cm)	171 (156-180)		170 (162-189)	0.683
Weight (kg)	75 (73-93)		74 (63-87)	0.112

Table2: Groups Values

	Conventional Therapy Group			Home Program Group			p ^{a-b}
	BT	AT	p ^a	BT	AT	p ^a	
VAS (Resting)	2,8(0.7-5.1)	0(0-1.1)	0.005	3(1-4.5)	0.5(0-2.4)	0.001	0.306
VAS (Activity)	8(5.1-8.9)	2(0-5.6)	0.001	7(5,3-7.8)	2.7(1-6.5)	0.001	0.134
STAI 1	33(28-47)	29(25.5-33)	0.004	36(30-38)	32(24-37)	0.033	0.356
STAI 2	45(38-54.5)	38(34-46)	0.033	40(33-48)	38(34-46)	0.345	0.127
BDS	9(6.5-14.5)	8(1.5-13.5)	0.015	13(8-16)	8(1-13)	0.014	0.729

Before Treatment(BT) and After Treatment(AT) values analyzed by Wilcoxon (p^a), Intergroup difference by Mann-Whitney-U (p^{a-b})

Conclusions: In our study, it has been found that both treatment programmes are effective for pain and depression. The improvement in anxiety levels in the conventional physiotherapy group can be explained by supervised and frequent interval treatment, which creates a sense of confidence in patients.