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Functional rehabilitation approach in low back pain management: A case study

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This case report outlines the use of functional rehabilitation in treating and managing low back pain. Functional rehabilitation approach includes use of Manual therapy, neuromuscular re-education and functional Exercises in management of Chronic Low back pain. The patient is a 38-year-old male with chronic Low back pain. The patient received treatment at the clinic after evaluation. The therapy sections were 1hr per section. Patient was treated 3 times a week for the first 2 weeks and then 2 times per week for the 4 weeks. The Treatment sections were then reduced to 1time per week for the next 6 weeks. Re-evaluation was performed after initial 6 weeks of treatment and at the end of the 12th week. Patient felt improvement after 6 weeks of treatment in range of motion, and pain level. The goal of the treatment which includes decrease pain and spasm, reduce trigger points, Range of motion and Functional improvement was achieved. The result obtained from this patient though is a small sample does suggest that Functional rehabilitation program such as Manual therapy, Neuromuscular re-education and functional Exercises will benefit patients with Low back pain

Keywords: Functional Rehabilitation Low back pain, Functional exercise, Neuromuscular re-education, Manual therapy, Pain Management

Biography

Agaezi Sonya is the founder and CEO of Sonya Health Mart & Chiropractic Inc. She holds a Bachelor degree in Microbiology, a Doctor of Chiropractic, Post graduate Certificate in Diabetes Educator and a post-graduate Certification in Exercise and Lifestyle Management. She has been involved in healthcare and Wellness for more than 2 decades. She is a US trained Doctor of Chiropractic and licensed to practice Chiropractic in both USA and Canada. At present, she is working on Functional medicine and Diplomate in Clinical Nutrition.

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