

THE IMPORTANCE OF THE REHABILITATION PROGRAM FOR THE ELDERLY PATIENTS DIAGNOSED WITH LOW BACK PAIN

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Abstract

Introduction: The low back pain is a major health issue for the elderly as it causes discomfort and disabilities. The elderly diagnosed with this condition have specific issues for their evaluation and treatment. The prognosis of the disease may be influenced by the old age, the existence of vertebrae fractures, the lumbar duct stenosis, the physical, psychical and cognitive changes due to the old age as well as other degenerative conditions and comorbidities such as the lack of physical activities. The objective of the study was the evaluation of the efficiency of the recovery program for the elderly diagnosed with low back pain.

Material and method: The trial was conducted for a period of 3 months and included 20 patients who were more than 60 years old diagnosed with low back pain. The inclusion criteria were: the patients 'age over 60, the consent to take part to the trial and the diagnosis of low back pain. The exclusion criteria were: the age below 60, associated comorbidities and the refusal to take part to the trial. The patients were evaluated in the beginning and in the end of the recovery treatment, and subsequently 30 days later. The aimed parameters were: the pain (measured by the analogue visual scale), the mobility (measured by the Schober index and by the LBP –Module scale), the quality of patients' life (measured by the QOL scale). The patients had pharmaceutical treatment (if it was necessary), they had an individualized program: electrical therapy (against pain and contractions), massage (sedative and relaxing) as well as kinetic therapy (kinetic techniques and the William method).

Results: At the end of the treatment, the low back pain decreased, the mobility improved, the quality of the sleep was higher, and the quality of life got better. The attained results were statistically significant.

Conclusions: The use of the individualized recovery treatment in the treatment premises and the continuity of the program at home according to the recommendations allowed the significant decrease of pain. Thus, the patients had the possibility to make movements that allowed them to be physically independent and autonomous. Moreover, the psychical mood improved, the mobility increased and the patients had a better posture.

Key words: low back pain, elderly patients, recovery, quality of life.