

THE USE OF ELASTIC BANDS IN THE RECOVERY OF LOWER LUMBAR DISCOPATHY

Mariana Rotariu, Andrei-Cătălin Ionițe, Marius Turnea, Avram Iustina

University of Medicine and Pharmacy „Grigore T. Popa”, Street Constantin Noica, Iași, România
rotariu29@yahoo.com, catalin.ionite@yahoo.com, tmarius_ro@yahoo.com, avram.iustina@yahoo.com

Abstract

Introduction: The 21st century came with a technological explosion, an explosion that relieved both personal life and professional life, but as any help provided, there are also side effects. One of the most important secondary side effects is lack of movement, which has led to a substantial increase in the number of lower lumbar discopathy.

Materials and methods: The study was performed on a group of 33 patients, diagnosed with lower lumbar discopathy, between the ages of 35 and 60, both male and female. The patients received an initial assessment (objective and subjective) followed by a therapeutic plan, a structured exercise plan made exclusive by using elastic bands. At the end of treatment, the patients received final testing and the results were compared statistically with the initial values.

Results: At the end of the treatment, the data obtained from the initial testing was compared with the final results. The results were statistically processed both before and after applying the therapeutic treatment, constructing a graphical interface as a representation of the statistical curves.

Conclusions: After comparing the results we can say that the therapeutic plan consisting of exercise with elastic bands has positive effects in the recovery of low lumbar discopathy. The use of the graphical interfaces helps the reader to better understand the results.

Key words: elastic bands, lumbar discopathy, therapeutic plan