



STUDY ON THE INFLUENCE OF ANXIETY IN YOUNG ADULTS DIAGNOSED WITH LOW BACK PAIN

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Abstract

Introduction. At the international level, the low back pain (LBP) is considered a public health issue. It affects 70-85% of the population and it represents 2.3% of the visits to the doctor. The low back pain is a disability cause that may occur in adolescents and determine manifestations in adults. If the ergonomic risk factors lead to the occurrence of the low back pain, the psychosocial factors may influence the disability component of the low back pain. Negative cognition and emotional distress can increase pain and exacerbate disability in people diagnosed with low back pain. Anxiety is associated to increased sensitivity to pain in these people.

The purpose of this study was to assess the correlation between low back pain and the manifestations of anxiety caused by the disease in young adults.

Material and method: The study is of longitudinal type and was conducted for a period of 6 months on an outpatient basis and it assessed 132 patients who came to the medical recovery practice with low back pain. All the patients were assessed from a clinical, paraclinical, imaging and functional point of view at the beginning of the treatment and at its end (after 15 days) and at control (after 5 months). We assessed pain, the mobility of the lumbar spine, the disability, functionality, the quality of life, anxiety by using the following scales: VAS, QOL, LBP-MODULE, QUEBEC and S.T.A.I. We used electrotherapy (low and average frequency currents, ultrasound, laser) and kinesitherapy.

Results and discussions. The results obtained at the assessment of each parameter, for all the moments, show statistically significant values. The pain improved due to the analgesic electrotherapy especially but also to the kinesitherapy, which matches the results of specialty studies. The disability and the mobility of the lumbar spine improved especially due to the used kinesitherapy whereas the quality of life was influenced especially due to the therapeutic physical exercises. The obtained results regarding the relationship between physical activity and low back pain are in accordance with the results reported in studies in the specialty literature. The physical exercises can improve the quality of life for the patients with low back pain.

Conclusions. The use of the complex and individualised treatment that includes electrotherapy and kinesitherapy can diminish the algic syndrome and the disability, it increases the flexibility of the lumbar spine by reducing the values of the fingers - floor index. The physical exercises can decrease anxiety, both as a condition and as a trait. Nevertheless, it is necessary that the exercise is individualised by the physiotherapist who can adjust and modify training parameters in order to manage symptoms.