



Physiotherapy: An Intervention of Choice for Low Back Pain

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Low back pain (LBP) is a common health problem and almost each person can have low again pain at some point of their lives. Low back pain is becoming more prevalent in developing countries more rapidly than in developed countries. In developing countries, the treatment options used are medications, bed rest and surgery. In developed countries, usually opioids are used to manage the problem. LBP is also a leading cause of disabilities and more common in sedentary occupations and low income population. Usually, the patients with low back pain visiting the family physicians in most of the countries. In developing countries, patients are also seeking traditional methods of the treatment according to cultural norms [1,2]. The alternative options to medications like physiotherapy are rarely available to the patients especially in remote and rural areas. A huge amount is spent on long term use of medications, inappropriate investigations and imaging. Subsequently, the long term use of medications has never been without side effects and patient can be at risk of back related disability. The management is mainly focused on treatment of the symptoms rather than prevention of the problem, resulting in recurrence of the condition [3,4].

Physiotherapy is a quite safe and non-invasive intervention usually without risks and side effects. Physiotherapists are using non-pharmacological options like exercise, education, electrical modalities, and manual techniques, with these interventions, cognitive behavior therapy (CBT) should also be included to address any psychosocial aspect of the problem. It should be noted that CBT should not be considered in every case but an optional choice for selected cases especially in chronic condition. Moreover, physiotherapy has potential to safe the patient from over medications and surgery, also helps to start early normal activities and prevention from recurrence [5]. It is high time to decrease the gaps in the access to physiotherapy services for the management LBP and prevent the associated disabilities in developing as well as in developed countries.

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