



Mobilisation with Movement Versus Postero-Anterior Mobilisation in Chronic Non Specific Low Back Pain

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Abstract : Background: Non-specific low back pain is defined as low back pain which is not attributable to recognizable or a known specific pathology. **Objective:** To Compare between the efficacy of postero-anterior mobilization and mobilisation with movement on improving pain level and functional activities in patients with chronic non specific low back pain. **Methods:** 30 subjects (mean age 40±4.8) were recruited for the study, assigned randomly into two groups with fifteen subjects in each one, 15 patients received MWM technique and conventional physical therapy treatment and 15 patients received postero-anterior mobilization technique and same conventional physical therapy program, outcome measures were assessed pre and post mobilization. **Outcome measures:** Visual Analog Scale (VAS), Oswestry Disability Questionnaire. **Results:** Mean difference between pre and post treatment values for VAS, Oswestry Disability Questionnaire were (0.151), (0.215) respectively which reflect no significant difference, with p value=0.05. **Conclusion:** The findings of this study demonstrated that there was no statistical significant difference between group A which received (MWM) technique and group B which received (P-A mobilization) in pain threshold level, functional disability level in chronic non specific low back pain patients. **Key words:** MWM, P-A mobilization, Oswestry Disability Questionnaire.

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