

Efficiency of Core Stabilization Exercises in the Treatment of Low Back Pain: Five Times versus Three Times a Week

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Abstract: Introduction: The aim of this study was to assess efficiency of core stabilization exercise in the improving of functional ability in patients with chronic low back pain (CLBP) and compare effects of program performed five times a week with program performed three times a week.

Methods: Total of 60 patients aged 40 to 60 years was included into study. After ten-day physiotherapy program the patients from the first group (n = 30) performed core stabilization exercises at home five times a week and the patients from the second group (n = 30) three times a week. The patient's functional disability was estimated using the Oswestry Disability Index (ODI).

Results: After two months there was a statistically significant increase in functional ability in patients who performed the core stabilization exercises five times a week (p = 0.0001) and in patients who performed the core stabilization exercises three times a week (p = 0.0001).

Improvement of functional ability of patients who performed the core stabilization exercises five times a week was statistically significantly higher than the improvement of functional ability of patients who performed the core stabilization exercises three times a week (p = 0.011).

Conclusions: The core stabilization exercises improve functional ability in patients with CLBP. The core stabilization exercises program performed five times a week leads to higher improvement of functional ability in patients with CLBP than the core stabilization exercises program performed three times a week

Key words: core stabilization exercises; chronic low back pain; functional ability