

SUMMARY

AND

CONCLUSION

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Ninety patients attending the out - patient clinic of Banha University Hospital, complaining of an acute attack of low back pain and sciatica were examined and randomly enrolled into this study. They were 32 females and 58 males, whose ages ranged between 27 - 52 years. An initial assessment and a thorough history taking were carried out for all the patients.

The patients were admitted for a 3-weeks period of treatment, and were randomly allocated to three groups each comprising 30 patients.

The first group was assigned as a control group where no exercises were carried out during the treatment period. The second group was assigned for the flexion programme of treatment : a- Bed rest in a semi - flexed posture and, b- A group of flexion back exercises. The third group was assigned for the extension programme of treatment : a- Bed rest with their lumbar spines extended and, b- A group of extension back exercises.

These programmes were carried out with the simultaneous use of anti - inflammatory, muscle relaxaing and analgesic medications together with daily application of a mild heating modality to the back.

After two weeks of treatment all the patients were reviewed.

Epidural steroid injection was indicated for those patients showing no improvement in all groups. These were (63 . 3%) of Group (I), (43.3%) of Group (II) and (50%) of Group (III). Re-assessment of patients after one week of the injection showed a remarkable improvement in : (52.6%) of Group (I), (61.5%) of Group (II) and (53.3%) of Group (III). A significant increase in the (SLR) angle was also observed in these patients.

Final assessment of our patients after 6 weeks of treatment was carried out where :excellent results were found in(53.3%) of Group (I), (63.3%) of Group (II) and (53.3%) of Group (III). Good results were obtained in (30%) of Group (I), (23.3%) of Group (II) and (30%) of Group (III). Fair results were reported in (16.3%) of Group (I), (13.3%) of Group (II) and (16.7%) of Group(III).

A significant difference in the change of the (SLR) angle was observed between each group and the other in favour of Group (II).

Although the results of our study were satisfactory for all the treatment programmes, we decide on the superiority of the therapeutic strategy combining the epidural steroid injection with a well conducted flexion exercise programme.