

The Effect of the Sun Salutation Yoga on Pain and Functional Disability on Patients with Subacute Low Back Pain

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ABSTRACT

Abstract

Background:

Lower back pain is the most common musculoskeletal disorder with high morbidity.

Exercise therapy plays a role in managing chronic low back pain because it is suggested that it can reduce pain and improve function. Yoga practice targets physical and mental aspects of pain management and focus on strengthening the body's axis (core axis including the spine), flexibility, and relaxation. This study aimed to examine the effectiveness of the Sun Salutation Yoga in improving pain and functional disability in patients with subacute low back pain.

Twenty patients with subacute low back pain were recruited in this study. They practiced Sun Salutation yoga 20 minutes per session, 3 times per week for 6 weeks. Pain perception and subjective functional disability were assessed before and after the yoga practice. Pain was assessed using visual analog scale, numeric rating scale and universal pain assessment while functional disability were assessed using Oswestry Disability Index and dan Rolland Morris questionnaires. Pretest and Posttest data were analysed using the Wilcoxon signed rank test.

Pain perception and functional disability improves significantly using all above instruments. It can be concluded that a 20 minutes Sun Salutation Yoga three times a week for six weeks improved pain and fuctional disability in patients with subacute low back pain.

Keywords: Pain, Functional Disability, Subacute Low Back Pain

Kata Kunci: *Pain, Functional Disability, Subacute Low Back Pain*