Faculty of Medicine

University of Dhaka

EFFECTIVENESS OF PAIN NEUROSCIENCE EDUCATION IN PATIENT WITH CHRONIC LOW BACK PAIN

Ajufa Akter

Bachelor of Science in Physiotherapy (B.Sc. PT)

DU Roll No-121

Registration No – 1751

BHPI, CRP, Savar, Dhaka

Bangladesh Health Professions Institute (BHPI)

Department of Physiotherapy

CRP, Savar, Dhaka

Bangladesh

October, 2019

Abstract

Purpose: To identify the effectiveness of pain neuroscience education along with conventional physiotherapy for chronic low back pain patients.

Objectives: To explore socio-demographic (age, gender, educational status, occupation) characteristics of patients with chronic low back pain. To compare the rating of pain intensity and fear avoidance beliefs pain catastrophization before and after pain neuroscience education with conventional physiotherapy and conventional physiotherapy alone in patients with chronic low back pain. To compare the functional disability before and after pain neuroscience education with conventional physiotherapy and conventional physiotherapy alone in patients with chronic low back pain.

Methodology: This study was conducted by Quasi which is Randomized Control Trail (RCT) in which a total 80participants were selected randomly included 40 control group and 40 experimental group. Data was collected by using Oswestry Disability Index questionnaire to evaluate disability level and pain measured by Pain catastrophizing scale. SPSS was used for data analysis which was displayed through table, pie chart bar chart column.. Results: In this study, the result shows a significant improvement to reduction of pain and disability in experimental group by taken pain neuroscience education. Conclusion: The result of this study suggest that pain neuroscience education along with physiotherapy was effective for chronic low back pain patients. This reduce pain as well as pain catastrophization, faulty beliefs.

Key words: Chronic low back pain, Pain neuroscience education, Conventional Physiotherapy, Pain and Disability, Pain Catastrophizing Scale, Fear avoidance beliefs.