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**OUTCOME MEASUREMENT OF PHYSIOTHERAPY TREATMENT FOR
THE PATIENT WITH PROLAPSED LUMBAR INTERVERTEBRAL DISC
(PLID) LESION LEVEL AT L4/L5**

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Abstract

Background: Low back pain as well as Lumbar disc herniation became more common determination for patients in search of primary care services confronting outpatient physical therapists. Symptomatic prolapsed lumbar discs affect 1% to 3% of the general population and the highest prevalence is among adults between the ages of 30 and 50 with a ratio of 2:1 male to female, especially between the ages of 25 and 55. But there has a little evidence of measuring the outcome of physiotherapy treatment for the patients having PLID lesion.

Objectives: To investigate and measure the outcome of physiotherapy treatment for the patients having prolapsed lumbar intervertebral disc lesion level at L4/L5.

Methods: The study was conducted with a quasi-experimental design which measures the pre-test and post-test outcome of physiotherapy treatment. Total 23 samples were selected for this study attending centre for the rehabilitation of the paralysed (CRP) in between August 2018-September, 2019 from musculoskeletal unit at savar. Data was collected by using four structured questionnaire related to LBP and disability. Those are: Numeric pain rating scale, ROM chart, oxford grade muscle testing and WHODAS 2.0. Socio demographic data were collected by semi structured questionnaire. Data was analysed by using SPSS software version 22.0 and and paired t test had been done for measuring the outcome.

Results: A significant improvement of pain, muscle strength, range of motion (ROM) and functional disability were measured in final assessment where ($P < 0.05$) after 3 months follow up. Which indicates the outcome of physiotherapy treatment can bring remarkable change in PLID patients by improving pain relief, increasing muscle strength, improve range of motion and reduction of disability.

Conclusion: Physiotherapy treatment is significantly effective in reduction of pain and disability and improving muscle and ROM as well as quality of life of the PLID patients.