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Spinal manipulation for low-back pain

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Low-back pain is a common condition that usually improves with self-care. However, it is occasionally difficult to treat. Some health care professionals are trained to use a technique called spinal manipulation to relieve low-back pain and improve physical function (the ability to walk and move). Spinal manipulation is one of several options including exercise, massage and physical therapy that can provide mild-to-moderate relief from low-back pain. Spinal manipulation appears to work as well as conventional treatments such as applying heat, using a firm mattress and taking pain-relieving medications (amp. Artrosilen 160 mg 4x; Galvanic currents). Spinal manipulation sometimes called spinal manipulative therapy is practiced by health care professionals such as chiropractors, osteopathic physicians, naturopathic physicians, physical therapists and some medical doctors. Practitioners perform spinal manipulation by using their hands or a device to apply a controlled force to a joint of the spine. The amount of force applied depends on the form of manipulation used. The goal of the treatment is to relieve pain and improve physical functioning. More recently, a 2010 Agency for Healthcare Research and Quality (AHRQ) report noted that complementary health therapies, including spinal manipulation, offer additional options to conventional treatments, which often have limited benefit in managing back and neck pain. The AHRQ analysis also found that spinal manipulation was more effective than placebo and as effective as medication in reducing low-back pain intensity. However, the researchers noted inconsistent results when they compared spinal manipulation with massage or physical therapy to reduce low-back pain intensity or disability. Researchers are investigating whether the effects of spinal manipulation depend on the length and frequency of treatment. In one study funded by NCCIH that examined long-term effects in more than 600 people with low-back pain, results suggested that chiropractic care involving spinal manipulation was at least as effective as conventional medical care for up to 18 months. However, less than 20% of participants in this study were pain free at 18 months, regardless of the type of treatment used.

Biography

Irfan Tifeku has completed his Master of Science in Physiotherapy from University of Medicine in Tirana. He is the Director of the clinic Fizioterapia, a private clinic of the physiotherapy in Prishtina, Kosovo. He has published more than 12 papers in reputed journals and has been part of different conferences and congresses in Kosovo, Albania and abroad in Europe. He has been for two years assistant professor of Kinesiology in the University of Tetovo, in Macedonia. He is specialized in the branch of osteopathy and ultrasound.

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