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Keywords: Chronic low back pain; Lumbar joint position sense; Functional outcomes; Therapeutic interventions; JPS

Introduction

Chronic low back pain (CLBP) is a significant global health burden, affecting approximately 20% of the population. The pathogenesis of CLBP is multifactorial, involving degenerative changes in the lumbar spine, muscle dysfunction, and central sensitization. Lumbar joint position sense (JPS) is a proprioceptive function that provides critical feedback for maintaining posture and balance. Impaired JPS is associated with CLBP, suggesting a potential role for proprioceptive deficits in the development and maintenance of chronic pain. This study aims to explore the relationship between JPS and functional outcomes in individuals with CLBP, and to evaluate the effectiveness of therapeutic interventions targeting JPS.

Results and Discussion

The study included 100 participants with CLBP. The results showed a significant correlation between JPS and functional outcomes. Participants with higher JPS scores demonstrated better functional status and lower pain levels. The study also evaluated the effectiveness of a proprioceptive training program. The program was found to be effective in improving JPS and functional outcomes. The results suggest that targeting JPS through proprioceptive training may be a promising therapeutic approach for the management of CLBP. The study has several limitations, including a relatively small sample size and a lack of long-term follow-up. Future research should focus on larger, randomized controlled trials to further investigate the role of JPS in CLBP and the long-term effects of proprioceptive training.

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Conclusion

The study concludes that JPS is significantly correlated with functional outcomes in individuals with CLBP. Targeting JPS through proprioceptive training may be an effective therapeutic approach for the management of CLBP.

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