

Contents of physiotherapy interventions for management of low back pain in India - A survey

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Low back pain (LBP) is a major health problem commonly seen by the clinicians. 60 to 90% of lifetime prevalence has been reported in general population. LBP is the major cause of disability in people younger than 45 year of the age. There is no information about physiotherapy practice toward the low back pain. Whether the Physiotherapist practicing in India is using the recommend guidelines for interventions for LBP is yet to explore. To explore the contents of Physiotherapy interventions for management of low back pain among physiotherapists in India. To compare the contents with the intervention supported by current available highly quality evidence. In this cross sectional study, 200 physiotherapist practicing in different sectors of Gujarat were screened for eligibility criteria. 187 physiotherapists were recruited as they fulfilled selection criteria. A Physiotherapy Intervention Recording form (PIRF) which content patient details, physiotherapist details and recommended interventions for low back pain was developed and pilot tested. Using PIRF, the physiotherapists were observed while treating different low back pain patients for single sessions. The demographic details of participants and physiotherapist were recorded and the duration of used interventions were also recorded in physiotherapy intervention recording form (PHRF). Descriptive analysis was done to analyses the data. The content of the physiotherapy treatment for low back pain were not uniform. Only 19.8 % physiotherapist used recommended guidelines for the treatment of low back pain. The current survey found that the contents of physiotherapist's treatment for low back pain where lack of consensus and not according to the recommended guidelines. A very few physiotherapists in India used recommended guideline for the low back pain management.

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