

Efficacy of rehabilitation with the INFINITY Method® treatment in low back pain

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Aim

INFINITY Method® represents a kinesitherapy approach based on anatomy, neurophysiology and biomechanics to musculoskeletal dysfunction.^{1, 2} In the pre-operative (Figure 2) and early post-operative phases (Figures 3 and 4), static sub-maximal isometric contraction with exercise is utilized. In other therapy, 3-dimensional movements in figure eight, circular and spiral dynamic stabilization exercises in low back pain (LBP) patients.³

To improve the range of motion, strength, coordination and proprioception, which lead to better joint stabilization, postural control and balance of body and spine,⁴ as presented in figure 5. The aim of study was to test a hypothesis that rehabilitation with the INFINITY Method® Treatment (IMT) is more effective than a conventional method treatment (CMT) in LBP patients.

Materials and methods

This was quasi-experimental, non-randomized study with repeated measures designed in a rehabilitation clinic. There were 89 participants divided into the IMT (n=60, age 61±13 years) and CMT (n=29, age 58±14 years) groups. We treated and tested the LBP subjects with the IMT and CMT. The dependent variable was the visual analog scale (VAS) of subjective pain scores (from 1 for “no pain” to 10 for “very severe pain”), was measured before and after the

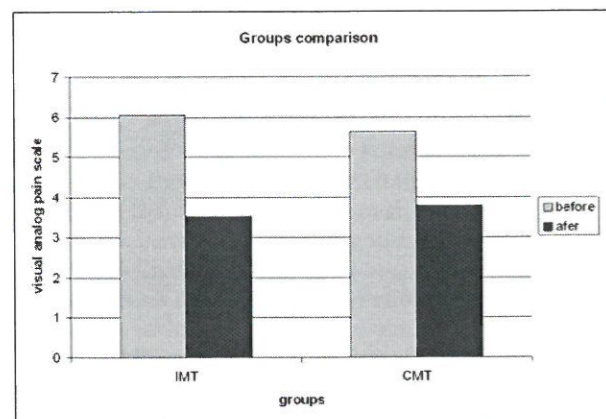


Figure 1. – Groups comparison.

treatment and was analyzed with the Wilcoxon signed-ranks test. Podobarometry was measured by Tekscan®, USA.

Results

For the CMT and IMT groups, the mean ± standard deviation of baseline VAS pain score differences were 1.86±1.10 and 2.54±1.51 (P <0.05), respectively, as presented in figure 1.

Discussion

The findings suggest the INFINITY Method® Treatment is more effective when rehabilitating LBP patients.

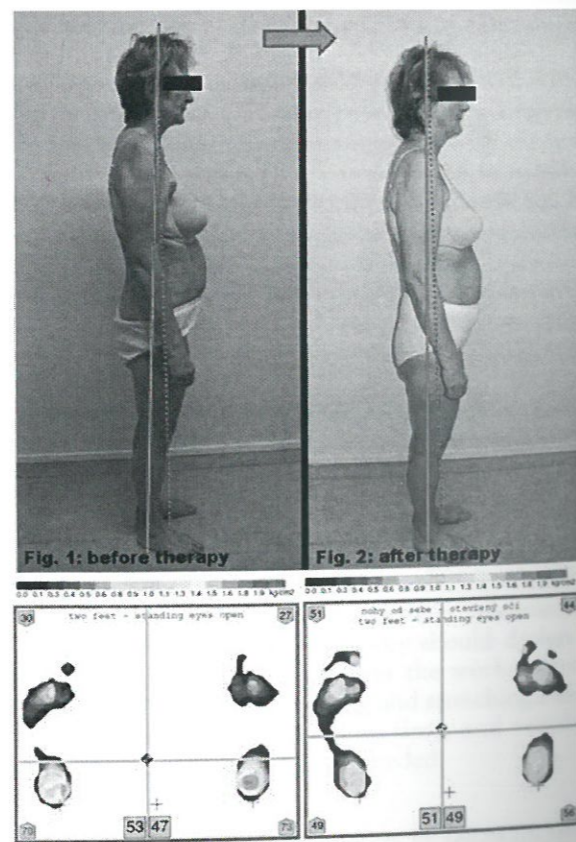


Figure 2. – Patient indicated for surgery - but treated conservatively.

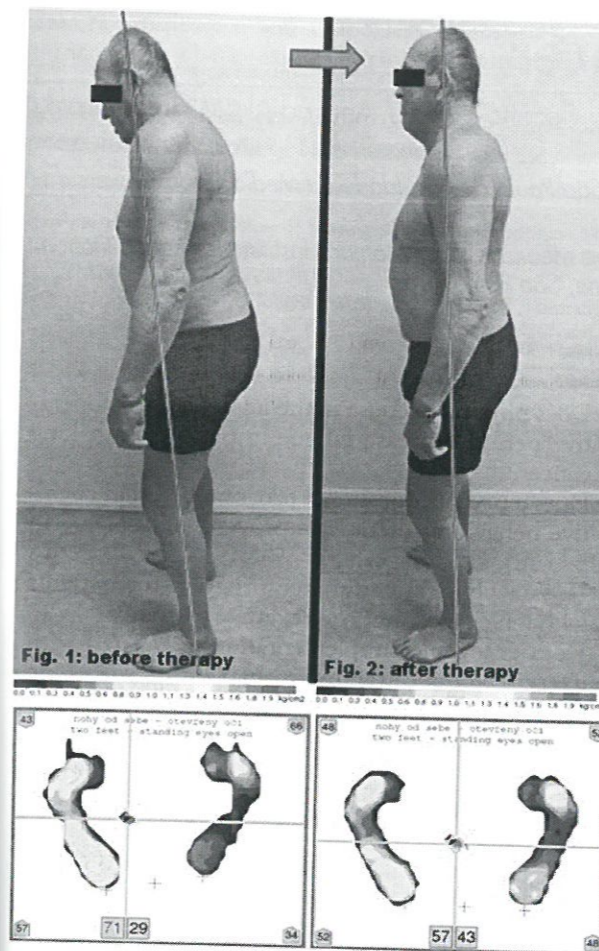


Figure 3. – Patient after surgery.

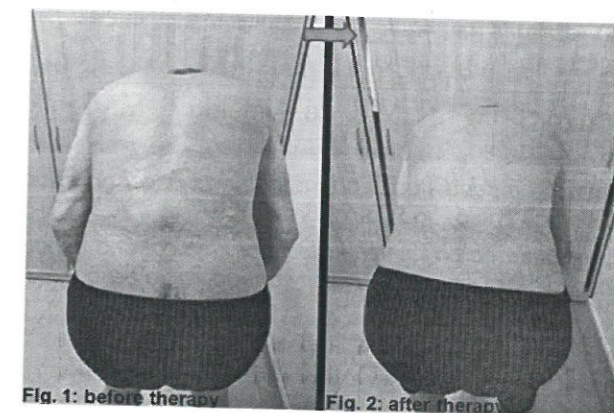


Figure 4. – Patient after surgery.

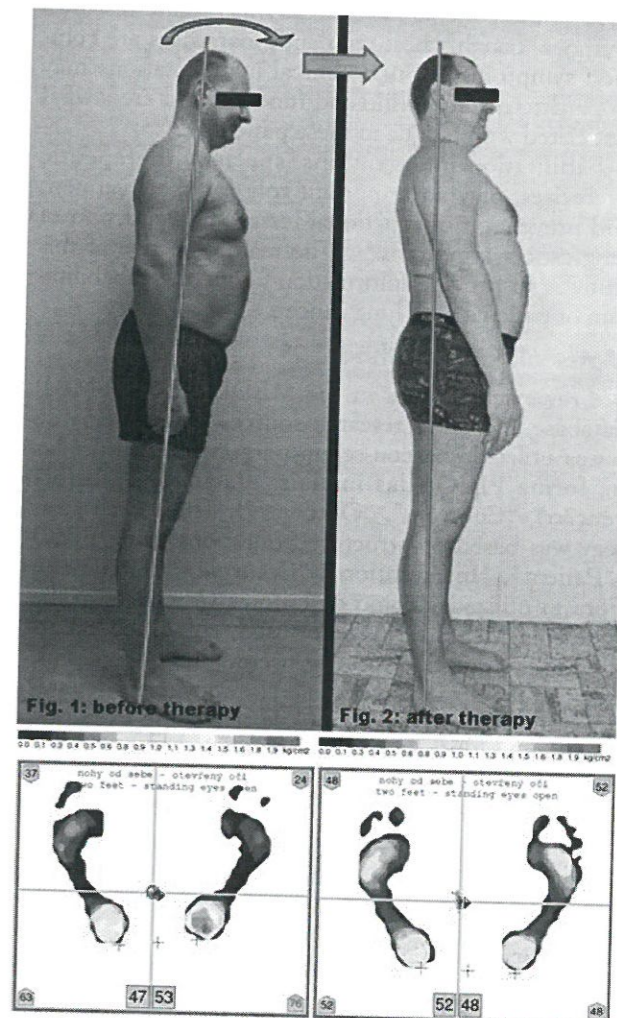


Figure 5. – Patient after surgery.

Conclusion

Although both groups exhibited decrease of pain after the treatments, rehabilitation treatment in the LBP subjects is more effective with the use of the INFINITY Method® Treatment.

References

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