THERAPEUTIC EXERCISES IN CHRONIC LOW BACK PAIN RELIEF: A LITERATURE REVIEW

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Background

Chronic low back pain (CLBP) represents a global challenge, surpassing other chronic health conditions in terms of disability. The social and economic costs associated with CLBP are high, and its multifactorial nature requires multimodal treatment approaches. Exercises are considered essential components of treatment and rehabilitation, but it is unclear which exercise is most suitable for CLBP.

Aim

To describe the effectiveness of therapeutic exercises most recommended for CLBP treatment with an emphasis on the context of Primary Health Care.

Methods

A narrative review was conducted to describe the effectiveness of the most recommended therapeutic exercises for chronic low back pain (CLBP) treatment within the context of Primary Health Care. To ensure the quality and relevance of the selected articles, the SANRA scale (Scale for the Assessment of Narrative Review Articles) was used. The SANRA evaluates six key criteria: justification of the review, literature coverage, justification of article selection, data synthesis, evidence interpretation, and originality.

Literature Search:

- ***Databases:*** *The literature search was performed in the PubMed, Scopus, and Cochrane Library databases.*
- ***Keywords:*** *A combination of keywords such as "low back pain," "chronic low back pain," "therapeutic exercises," "pain management," "rehabilitation," and "primary health care" was used.*
- ***Search Period:*** *Articles published up to the search date were included, without any restriction on the year of publication to capture the evolution of knowledge on the topic.*

Results

Stretching, strengthening, motor control, Pilates, functional exercises, and aquatic exercises are the most recommended therapeutic exercises for CLBP treatment. Evidence from randomized clinical trials and systematic reviews supports the effectiveness of therapeutic exercises, highlighting the long-term benefits of aquatic exercises, Pilates, and core-based exercises. The individualization of interventions and the role of Primary Health Care are emphasized as crucial elements in CLBP management.

Table 1: Summary of Studies on Therapeutic Exercises for Chronic Low Back Pain

Year	Author	Title	Study Type
2020	Aimin Wu	Global low back pain prevalence and years lived with disability from 1990 to 2017: estimates from the Global Burden of Disease Study 2017	Epidemiological prevalence study
2023	Shabnam Ali	Barriers and facilitators to the integration of physical therapy in primary health care settings: a systematic scoping review of qualitative research	Scoping Review
2016	Kathllen Arden	Evaluation of a rolling rehabilitation programme for patients with non-specific low back pain in primary care: an observational cohort study	Retrospective Cohort Study
2016	Joaquín Calatayud	Effectiveness of a Group-Based Progressive Strength Training in Primary Care to Improve the Recurrence of Low Back Pain Exacerbations and Functions: A Randomized Trial	Randomized Controlled Trial
2020	Nadia Corp	Evidence-based treatment recommendations for cervical and lumbar pain across Europe: a systematic review of guidelines	Systematic Review of Guidelines
2018	Crystian B Oliveira	Clinical practice guidelines for the management of non-specific low back pain in primary care: an updated overview	Guidelines

Note: This review is still in progress. Additional studies and data are being evaluated to ensure a comprehensive and up-to-date analysis of the effectiveness of therapeutic exercises for chronic low back pain. The current table represents a preliminary summary of the findings, which may be updated as more information becomes available.

Conclusions

Chronic low back pain requires an integrative approach, including therapeutic exercises. Aquatic exercises, Pilates, and core-based exercises are most recommended for managing this condition. The integration of these exercises into treatment plans can significantly improve pain management and functionality in patients. Primary Health Care professionals play a role in implementing these evidence-based interventions and should be well-equipped to do so.

Continued exploration and implementation of evidence-based strategies are essential to enhance the clinical effectiveness of treatment.

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