

Original Paper

Effect of core stability and general exercise on functional activity in non- specific low back pain patients

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Abstract

Background and Objective: Low back pain is a common musculoskeletal disorder. Core stability exercises have been recommended to improve neuromuscular skeletal system function in order to increase the protection of vertebral column and improve functional activities. This study was done to evaluate the effect of core stability and general exercise on functional activity in non- specific low back pain patients.

Methods: In this clinical trail study, sixty patients with chronic low back pain were randomly divided into general exercise (n=30) and core stability (n=30) groups. The protocol of intervention included 4 weeks (3 sessions in week) of designed exercise for each group. The functional activities were measured before and after intervention.

Results: Functional activity indicators were significantly increased in core stability exercise compared to general exercise ($P<0.05$).

Conclusion: Core stability exercise is more effective than general exercise to improve functional activities in patients with non-specific low back pain.

Keywords: Low back pain, Core stability exercise, General exercise, Functional activity

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