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Effect of oropharyngeal exercises and ujjayi pranayama in patients with obstructive sleep apnea- A clinical trial

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Obstructive Sleep Apnea (OSA) is a disorder characterized by repetitive upper airway obstruction resulting in nocturnal hypoxia and sleep fragmentation due to result of an obstruction of the upper airways during sleep caused by narrow and inadequate motor tone of the tongue and airway dilator muscles. There is limited evidence to suggest that efficacy of the noninvasive approach of physical therapy in such subjects. Hence the present study was designed to evaluate the effect of the approach on OSA. This clinical trial was conducted in 60 subjects diagnosed with obstructive sleep apnea both males and females in the age group of 20-60 years. Both the group of subjects performed intervention in the form of oropharyngeal exercises and ujjayi pranayam. Pre and post intervention outcome measurements were taken at the baseline and at the end of 6 weeks using Berlin questionnaire. Statistical analysis of the outcome at baseline and at the end of 6 weeks showed statistical significant difference in snoring (p=0.0001) from which it can be concluded that noninvasive therapeutic approach in the form of ujjayie pranayam have shown to be more effective in improving snoring in patients with OSA.

Core stability exercises and nerve gliding after lumbar laminectomy and discectomy

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Low back pain is the most common health problem which is related to work and performance. It affects the performance and participation in athletes during sporting activity and also in case of working population. The low back pain can be in the form of acute, sub-acute, and chronic pain. The success of rehabilitation in these cases depends upon the symptoms, functional problems which can be due to the anatomical or biomechanical cause. One of the most recent treatments in the management of low back pain is the core stability exercises. This form of exercises improves the spinal stability and functions which eliminates the pain. The core stability is aimed on muscles like transverse abdominis, multifidus, diaphragm and pelvic floor muscles. Recent exploration of core stability exercise on post laminectomy and discectomy shows improvement in functional activity by improving the strength in muscles. Addition to that nerve gliding exercises improves the flexibility and reduces adhesion formation at post-surgical site which is most important to reduce the pain and prevention of recurrence in low back pain.

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