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## The effect of gender on proprioception accuracy in mechanical low back pain

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Mechanical low back pain is one of the most common disorders affecting the young age population. The affection of proprioception can lead to worsening of the back pain. The effect of gender on the proprioception accuracy in the back did not have enough attention. The purpose was to know the difference of proprioception accuracy in the back region between males and females who suffer from mechanical low back pain. in case of proofing, there is a difference in proprioceptive accuracy between them, a new standard of physiotherapy programs suiting every gender

would be provided for their rehabilitation. A representative sample of one hundred seven patients was included and subdivided to Group A (17 females and 36 males) with mechanical low back pain. The mean  $\pm$  SD age, weight, height were  $22.56 \pm 6.2$  years,  $74.28 \pm 13.41$  kg,  $172.92 \pm 8.54$  cm and Group B (11 females and 43 males) who were normal individuals. The mean  $\pm$  SD age, weight, height was  $22.66 \pm 3.34$  years,  $72.92 \pm 13.54$  kg,  $174.01 \pm 7.73$  cm respectively. Active repositioning error was calculated 3 times the Biodex Isokinetic Dynamometer. Results revealed that there was a significant increase in active repositioning error in females regarding males who suffer from mechanical low back pain in Group A as ( $P=0.002$ ) while there was no significant difference in Active

repositioning error between females and males in group B ( $p=0.16$ ). So it is recommended to perform an intense proprioceptive training for young females regarding males for rehabilitation of the back.

### Biography

Dr. Dina Al Hamaky had graduated from the faculty of physical therapy in 2007 and had her master degree in 2014 then discussed Ph.D. in October 2018 in Cairo University. she is teaching in Cairo University as assistant lecturer .she taught in Sharjah university in the United Arab Emirates in 2017. she did publish in international journals about proprioception, its assessment and correlation with the intensity of pain. she is interested in research related to back pain in young age.

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