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The effect of post-operative exercise program after lumbar spinal surgery

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Many various exercises have been widely known to be effective after lumbar spinal surgery. But the kinds of exercise program, intensity, duration of exercise, etc. are not formalized and by the surgical technique, the application method of various exercises is not well known. And the purpose of this study is to confirm the effect of formalized exercise program on pain and strength after lumbar spinal surgery and to present the concrete exercise methods. We recruited 31 patients (mean age, 62 ± 11.4) with lumbar disc herniation. 15 patients received the exercise program and 16 patients received conventional physical modalities and medications. The lumbar exercise program is composed of relaxation, bed mobility, core stabilization, back extensor and abdominal strengthening, aerobic conditioning programs. This exercise is applied daily for 6 weeks after discectomy and 2 months after spinal fusion. This program is applied daily in phase depending on the post-operative duration and patient tolerability. The visual analog scale, isokinetic strength evaluation (Biodex, Inc, Shirley, NY), balance test (Biodex, Inc, Shirley, NY), functional index questionnaire are measured by pre operation period and post-operative 6 week. After applying exercise program, VAS score, back extensor strength, balance index, functional index questionnaire significantly improved compared to the control group. The post-operative exercise program improves lower back pain, back extensor strength and functional ability in herniated lumbar disc patients who have a spinal surgery.

Biography

Jae-Hyung Kim has completed his PhD at the age of 36 years from Kyung-Hee University in Korea (South) and he has studied from Stanford University School of Medicine in USA as Visiting Scholar in 2015. He is a Professor, a Kwan-dong University, School of Medicine. He has published more than 30 papers in reputed journals.

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