

Literature review Introduction

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0.1 Introduction

Chronic low back pain is one of the special challenges in health care. There is no unique approach to treat chronic low back pain. A variety of methods are used to treat chronic low back pain. But the effect of these methods have not been investigated. (*Hasanpour, Dehghani and Solati (2017)*).

This is of special importance because recovery for people who develop chronic low back pain and disability is increasingly less likely the longer the problems persist. [1]

Some suggested solutions are letting the patient to take regular exercise of pilates or mckenzie, lumbar stabilization or dynamic stretching.

0.2 Purpose and research question of the literature review

The purpose of this study is to examine the effect of pilates and other exercise on chronic low back pain and how this will affect on the patient's pain and general health.

0.3 Operational Definition

Low back pain is the feeling low back pain with a history of more than 3 months without any pathological symptoms. (*Hasanpour et al. (2017)*).

Pilates Pilates is a method of exercise and movement reeducation based on interpretations of the work and teachings of Josef Pilates *Henry Wajswelner, Ben Metcalf, and Kim Bennell (2012)*

References

- [1] Koes, B W et al. 'Diagnosis and treatment of low back pain.' BMJ (Clinical research ed.) vol. 332,7555 (2006): 1430-4. doi:10.1136/bmj.332.7555.1430